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M. E. R. HILTON. 54 Columbus Ave., Lowell Mass. U.S.A.

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THE LIVING FAITH

The peace, good-will, that radiates
At hopeful Christmas-time,
Has ever graced the thought of song,
Of prose and lifting rhyme;
Mother theme has lived so blest,
So loved the centuries thru
Now holds the vital charm,
That starts life's pulse to thrill anew.

Not doctrine nor the church
Has kept this kingly star aglow,
A mightier living faith has gained the power,
The right to know.
It always flamed immortal,
Within the hearts of men
And that is why Christ lives today
And Christmas comes again.

Happy that faith that lives,
As pure as the heart of a child
And knows the Christ-ray shines within
And sees that God has smiled,
Sending His Love thruout creation,
His spirit thru the spheres,
Feeding the spark of Earth's love fire,
Transmuting human fears.



May this appointed holy day
With song of hope arise
To find us knowing why faith
Shines in little children's eyes:
To find us learning happily
That all that is worth while
Keeps tryst with God, keeps true to self—
All else brings needless trial.

How well assured the wiser child
Of God this Christmas day,
That all is well, His Will is done,
In *His appointed way*;
And we are joyful with the children,
Our Christmas spirit sings
In praise to God for consciousness,
Rejoiced that *faith has wings.*

—M. VICTORIA BEADNELL.



A Happy New Year

AGAIN the old year has passed away and we stand in the presence of the New Year. May it be a happy and prosperous one; may it be a year of greater consciousness of higher realization—a year when we may become more and more apart of the great universal light, life and substance; thus demonstrating to our own satisfaction the grand principles of Mazdaznan, when applied to the daily walks of life.

As the mind, heart, soul and spirit become more and more permeated with the Supreme Intelligence, a gradual birth takes place, which imparts an ever-increasing consciousness, the blending of God's Spirit with ours; and we realize as never before our relationship with Him, who is the source unto all animate and inanimate life.

We all desire the highest possible attainment that this earth is capable of producing; to this end we continue to breathe the breath of Aspiration, for the goal of our attainment is perfection, Here and Now.

A Happy and Prosperous New Year to All.

—Mother Maria.



A NEW YEAR'S PROMISE TO YOURSELF

"TO be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity, to every person you meet.

To look at the sunnyside of everything and make your optimism come true.

To think only the best, to work for the best, and to expect the best.

To be just as enthusiastic about the success of others, as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticise others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

To think well of yourself and to proclaim this fact to the world—not in loud words but in great deeds.

To live in the faith that the whole world is on your side, as long as you are true to the best that is in you." *Selected by,*

—GLORIA BRYAN.



NEW ORDER OF THINGS

BY HIS EMINENCY, REV. DR. O. Z. HANISH

WOMAN is the greatest factor in all life's manifestation.

Woman in a perfect state is the true presentation of nature and nature's God.

Woman is rising to her true position and she will conquer, for all is hers.

Yes, woman is rising in all her grandeur and beauty, not to avenge or scourge, but to redeem man from his state of past forgetfulness to the duty of usefulness.

Woman is not weak, negative nor subjective; experience proves and teaches us better. Look at her sufferings and yet how patiently she bears it all: How hopefully, how tenaciously she clings to life.



Before woman all knees shall bow, for it is she that holds the problem: It is she who can reveal to man the real path of life.

Woman as yet is really little understood—how often mistreated, how much abused; were it not for her enormous capacity of understanding love, will-power and ability to sacrifice, the race would no longer be. It is marvelous, wonderful, almost inconceivable the great vitality that woman manifests to mankind.

Woman is beginning to awaken to her consciousness, for she has suffered much and the hour of her deliverance is at hand. When the word is spoken "Finished," out of the grave of superstition, in all her glory and her majesty, arises the form of the perfect being—Woman.

Woman is the 'Temple of the living God at whose shrine we pay our homage; at whose altar we kneel in our childish innocence, listening to her exhortations, her revelations, her advice, her instruction; for she is Mother, the life-giver; she will not suffer to leave her children ungarded, but her eye of anxiety, of love, ever watcheth over that which is her own.



APHORISMS

From Lectures by Dr. Hanish at Golden Gate Commandery Hall,
Sept. 29, 1912, on "How to Live, Why We Live and Why Now."

Man is eternal.
This world is mine.
Life is worth living.
Reflect credit on God.
Man alone thinks, knows.
I and the Father are one.
Everything is possible to God.
I must come into my own—know myself.
Man is ruler of everything in the ether.
Don't ask what they think—mind your own.
There is an Infinite Intelligence within us.
The soul lost to itself is a real lost soul.
I shall continue to gain the good of this life.
It is no credit to God for us to sigh and whine.
Man alone has the power of thinking, comprehending.
Man contains the sum and substance of everything.
Man is the outflow or the result of God's operation.
Man is the last of God's or Nature's accomplishments.
Man alone is capable of thinking, reasoning, deducting.
'Be ye as perfect as your Father in Heaven is perfect.' *Culled by* PROF. J. JOHNSON.



HINTS OF THE SEASON

(HIS EMINENCY DR. O. Z. HANISH)

BANANA well mashed and enough sweet cream beaten into it to make it like a soft paste will act upon the bowels mildly, at the same time prove quite an ideal diet for a season.

ORANGES with apples will prove cooling and very nutritious at this time and for some months to come. In February grape fruit and juices will be of greater value to the ailing than any compound of medicine.

IF you must have coffee in the morning take Vermouth first, then a little fruit like grated apple, bananas or oranges, a little wafer, cracker or toast and a cup of coffee containing rich cream.

FOR potato soups use all of the potato, and when done mash thru colander. The same rule applies to all other vegetables, as turnips, carrots, beets, parsnips, etc. Potato water acts upon nervous system advantageously, particularly the more delicate organs, and has been used in the cure of eye troubles with astonishingly good results.



EAT the heart of crisp and tender celery daily, to quicken your depleted nerves, and in case of kidney and urethral troubles eat a handful of green celery tops after each meal for five weeks. Use no salt with celery or any other vegetables, when eating them raw.

A FEW drops of Vermouth cordial in a little hot water taken on an empty stomach will prove beneficial to those who rush out early in the morning to follow their duties.

PARSNIP, touched lightly by frost, or thoroughly chilled in chipped ice; then grated and spread in a well-buttered pan, and baked in the oven, will prove a palatable dish, indispensable in intestinal and rectal troubles.

EAT mashed turnips and baked parsnips, also grated raw potatoes mixed with grated carrots and a sprinkle of flour and baked in well-oiled pan in a moderate oven. It is well to sprinkle into these dishes aromatics like fennel, caraway, anise and dill.

CAMOMILLE blossoms as tea are now in order and used with a little ginger root will prove as a tonic and a relief in pulmonary affections. Those troubled with indigestion should not use ginger, just sweetened camomille and no cream.



COLDS are less frequent with loose clothing. It takes less time to change stockings than to cure a cold or pneumonia.

A MOST beneficial exercise for this season, is to lift the toe to the tip of the nose several times in succession, If followed daily it will strengthen the hips, lessen the waist measure and insure manhood and womanhood.

SITTING cross-legged on the floor and suddenly rising, then immediately sitting down again, will be a good exercise for the season. If kept up for three to five minutes it will limber the joints and remove acids from the system. It is a religious exercise to be followed for six weeks.

IN taking oil baths begin with the chest, proceed with neck and upper arms; then the calves of the legs, feet, the shoulders, the back, the thighs, lastly the abdomen, rubbing from right to left below the navel, and finish up with the pit or solar plexus. To rub the scalp with petrolatum at night and wash off thoroly next morning promotes a good growth of the hair, keeping the natural color and preventing germs from ever invading the phrenological chart of the head.



REMEMBER, now that damp and cool the nights, let all your liquid foods be cold, while solids hot should be. Make this your rule and you will have a pleasant alvine stool. But if reverse you will this rule, just think who in that case is fool, while if you eat and drink quite hot you soon will turn a sorely lot.

BE sure to keep feet dry. If it is not possible to do so, kindly wrap feet first in silk cloth then pull stockings over it. These cloths should be changed as often as your feet feel the least damp; if needs be, three or more times a day. It takes less time to change stockings than to nurse a cold, a fever, pneumonia and other troubles. Besides, if the feet are comfortable, or in the words of Jesus: 'If the feet are clean the whole body is clean.'

DO not forget that disease is simply Nature's method to free the body of over-accumulations obstructive to the harmonious operations of the diverse organic functions. For this reason we need not deal with removing of the diseased condition, but aid Nature with such means that will more readily, effectively and scientifically remove the cause of troubles, at the same time learning our lesson, "that man does not live for food alone, but by every word of wisdom that proceedeth from the open mouth of God."



SIMPLE MENUS

FOR ONE WEEK

BREAKFASTS

MONDAY

Grape Fruit

Whole Wheat Gruel

Rice Croquettes

TUESDAY

Grated Apples with Orange Juice

Corn-meal Muffins

WEDNESDAY

Pomegranate Juice

Waffles

THURSDAY

Sour Prunes

Rice Fritters

FRIDAY

Persimmons

Barley Gruel

SATURDAY

Orange Juice

Flaked Rice

SUNDAY

Grated Apples with Cream

Boiled Rice and Brown Gravy

DINNERS

MONDAY

Waldorf Salad

Cooked Mayonnaise Dressing

Baked Potatoes

Cream Gravy

TUESDAY

Lettuce Salad

French Dressing

Baked Squash

Brown Gravy

WEDNESDAY

Vegetable Salad

Mayonnaise

Boiled Barley

Brown Flour Sauce

THURSDAY

Raw Cabbage Salad

Cream Dressing

Baked Sweet Potatoes

Brown Gravy

French Peas

MAZDAZNAN

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JANUARY 1913



FRIDAY
Spinach Salad French Dressing
Rice Croquettes Brown Gravy
String Beans

SATURDAY
Combination Salad Cream Tarragon Dressing
Baked Beans Cold Slaw

SUNDAY
Lettuce and Asparagus Tip Salad Mayonnaise
Artichokes with Cream Gravy (Parsley)
Banana Fritters and Lemon Sauce

RECIPES OF MENU

Waldorf Salad. Cut tender parts of celery, apples into dice form, add a few blanched almonds, coarsely chopped; make a cooked mayonnaise dressing; when cold, add half pint of whipped cream and serve on salad.

Tarragon Dressing. One half pint of thick cream, juice of 1 lemon, 2 tablespoons of catsup, 1 tablespoon durkee salad dressing, 1-2 teaspoon of salt, 1 teaspoon sugar, pinch curry, cayenne pepper, 1 tablespoon of Tarragon vinegar—beat well.

Rice Croquettes. One well beaten egg, 1 cup of cooked rice, 1-2 cup of flour, 1 teaspoonful sugar, 1-2 teaspoonful salt. Add milk sufficient to beat into batter; fry to light brown on both sides in butter.

Brown Sauce. Butter size of egg, 2 tablespoons of flour, mix together in saucepan over moderate fire, brown slowly, adding 3 cupsful of boiling water, stirring until smooth; then add one bay leaf, little curry, 1-2 teaspoonful salt, 1 teaspoon of sugar, one teaspoon of lemon juice. This is nice to serve with boiled rice, wheat, barley, baked sweet or white potatoes.



MAN'S TEN COMMANDMENTS

(I)

Love the truth! It makes free. Lies consume thy life's marrow. Never appear to be better than thou art. Remain always true to thy being, position and people. Examine thyself: Prove the very essence of being. Knowledge is power; recognition imparts joy and strength.

(II)

Be good! Love every creature. Let nothing be exempt from thy love, no animal, not even a plant. The best among men is he who has the greatest compassion and charity. Kindness of heart wins man's favor, but on the other hand it creates also suffering that will bloom as heavenly roses in the life hereafter.

(III)

Seek love and spread beauty! Thy body must be sacred unto thee, for the more beautiful thy body, the better it expresses its divine origin. Strive for refinement. Tenderness betrays nobility of soul. Beautiful emotions announce inner harmony. Be thou also harmonious, as to appear worthy impressions of the universal.

(IV)

Be just! Every society fails without justice; for justice alone supports and upholds the state. Think less of your advantage than



that of the community. Give to everyone his own and renounce that which thou art not entitled to. Try not to appear what thou art not, but act reasonably—moderation is higher than strict justice.

(V)

Purity is a prominent virtue! It neither stains body nor soul. Avoid wicked lusts and do not misguide others to it. Thou appertainest to a certain sex; do not disgrace it but behave in a way that one can call thee its ornament, yes even its crown! The representatives of a noble race are pure and fine, but the cunning seducer will be justly punished in this as well as in the life hereafter. Think sometimes upon death and when thy last hour has come give an immaculate body back to thy Creator.

(VI)

Love work! Lend thyself useful, wherever needful. Renounce desire for reward, recognition, as well as praise. Do all for the sake of the good deed, Perfect thyself as much as possible. There ought to be no barriers; Noble ambition and constancy leads to the goal. Strengthen thyself for every good deed that at the hour of death, thou mayest look back upon a blissful activity with satisfaction.



(VII)

Be faithful—faithfulness can never be bought or paid for. It is too high and only noble souls are capable of it. It is something divine. Be faithful also in little things—faithfulness carries its reward in itself. Without faithfulness no friendship, no true marriage, no army, no state. Among all the virtues faithfulness is the Queen.

(VIII)

Impregnate thy whole being with the feeling of reverence. Regard everything beautiful upon this earth as a reflex of the great beyond. Every earthly authority be unto thee a shimmer of the divine, which dwells in every great entity. Honor all great men as the bearer of the divine spark, the Apostles of religion as the manifestation of the "Living Word."

(IX)

Be humble and modest. Meditate upon the fact that thou art insignificant in comparison with higher unfolded beings. Not thou thyself, but the divinity in thee that works through thee the little thou art able to accomplish. Thou thyself art poor and miserable without the aid of divinity. Be therefore humble; seek less to better others than to improve thyself. If thou hast committed a sin, repent. If thou art able to repent for thyself and others thou openst the door of paradise for thee and them.



(X)

If thou art willing to do good—pray. Without prayer to the Infinite progress is impossible. Do not drawl out thoughtless words but raise thy heart with fervor to the Lord, the Father of all things. Pray not only for thyself and thine, but also for others. Wish everybody well also thy enemy. Repay evil with good; have faith in God's guidance; hope for the eternal peace; be still in God.

DR. H. A. GRAEVELL VON HOSTENSODE.

WOMAN'S PARADE

THE "Sunflower," an organization which has just burst into bloom, was seen for the first time last night. But alas! it was not all. Indeed, the sunflowers were so exclusive that when some one wanted to join their ranks, their leader said, "Oh, no; this is a private society."

They carried a large purple banner with a sunflower, rather more like a sun radiating rays, and in the left hand corner was a circle divided into three segments—green, white and purple, respectively. There were about one hundred in line, and they followed the Woman's Political Union.

—FROM A NEW YORK PAPER.



THE SANCTITY OF TRUTH

THE world is so full of fakers and deceivers, has so many so-called religions, churches, philosophies, systems, orders, movements and cults; so many creeds and denominations, that none should blame the conservative mind who refuses without good reason, to be drawn away from the "Faith of his Fathers." The pursuit of "new gods," has in so many instances, resulted in such dire disaster, individually and collectively, caused the destruction of Nations and peoples, led to war and death, undermined homes and friendships, that "well enough alone," has, up to a year or two ago, at any rate, pretty nearly summed up the general view of the general man, on subjects of a religious nature. Yet, if in any other line of Thought, such as scientific, political, business and domestic activities, we had kept to the "Old" alone as now understood, would we not still be living in caves, wearing skins of wild animals for clothes and making fire by the rubbing of sticks?

Today the whole intellectual desire is progress, and evolution is the aim and basis of all thinking minds. Every now and then, throughout the ages, ONE has appeared in advance of their day, and with lofty impulse given their own version of Life and Truth, showing and proving that the current view was either



antiquated or not compatible with the true "Spirit of their Times." Usually He or She would at first gain many adherents or followers, but as their power grew, the opposing forces increased. The very simplicity of their doctrine would upset all the accepted notions, and those in authority, fearing for their positions and oftentimes, ill-gotten gains, would combine to overcome or do away with the one who opened the eyes of the people, teaching reform and eventual equality. Generally they were persecuted and denounced and if persistent, hounded to exile or death. Then the Disciples would forsake the Cause; a few only congregating now and then, in the out-of-the-way places. Thus has the Truth moved slowly. Today, beheadings, crucifixions, martyrdoms, inquisitions and imprisonments, do not, as of old, compel a man's belief, though he will not escape the jeer or derision of the unthinking multitude, if he sincerely proclaims and lives the doctrine as he sees it, without interfering with the individual rights of his neighbor—he under the laws of civilization has or should have perfect liberty to do so. He may call upon his belated head the wrath of the wicked "mighty," find himself the object of sermons, the butt and ridicule of the press, the victim of hoax and joke; deserted by his relations and friends, given the cold shoulder and generally ostracized. But this is to be expected and is just another proof, that history repeats



itself. He can wait, for it is he who can afford to laugh at the absurdities, follies and stupidities of ignorant, superstitious people. But he does not, for he knows that what he possesses is not his alone; but to be of real benefit, must be reflected back to him by others. Truth courts inquiry knowing herself to be the business of life, but how few stop even to look, much less discover. They not only pass by on the other side, but insist that others do likewise. Fear prevents them. Fear of what? They cannot tell, but perhaps their "little" will be taken from them: "the earth may swallow them up, and the fires of hell consume them." If you ask them what they have to lose, they will confess it does not amount to much; and if they think the earth will forget to give of her increase, they will say, "of course not, we have her fixed," and if they really believe in "hell", they will laugh at the idea. They are only sure, that they are not sure! Yet, after all, the "Eternal Verities," is the search of every one in a more or less degree. Not alone in the Church and Home is heard the Voice of Religious expression, but wherever you go; in the streets, in the offices, in the place of amusement, in the smoking rooms of steamer railway, in the gambling den, in the haunts of vice and sadness, all are discussing or probing for the "tangible," the "something" that will satisfy and uplift! Nothing appeals so much to the



heart, mind and soul as the "Purpose of Life," its origin and future. As modern thought and belief has and is changing daily, is it any wonder that few are satisfied? Have not most come to the conclusion that happiness and peace is not possible here; so have tried to relegate any such vision out of their existence, or to a realm beyond the grave? But the hunger and thirst is not assuaged and time only increases the longing. One would think, such being the case, that if the light was given broadcast to the world, that all would follow unhesitatingly. But has it not been given, not once, but in almost every age and clime, and yet only the very few have realized and accepted it? This is what one feels, but cannot understand. Why has not Emancipation come? The reason is simple, because evolution, the time, the people, were not ready. Their physical being neglected, their spiritual natures lacked the needful receptiveness. Conditions, man-made, without understanding, were insurmountable, except to the evolved. The promise was not then for the masses; only here and there, the one, the few developed, sought and received. Does not all record substantiate this? The gift of "Cosmic Consciousness," has not been showered upon many, for rarely indeed has it found a "temple," pure enough to dwell therein and to fulfill the conditions of "Illuminations." Is not the conclusion forced upon the "open



mind," that until Life is more concentrated upon, becomes less heedless and curtailed, less wasteful, the result could not be otherwise.

The prophecy is about to manifest itself, for the time is at hand and the place selected! The world is awakening! A new stimulation, a greater activity for betterment, a greater power for good, pregnant with vitality, is positively rampant! See how men come together and act in unison; feel the impelling determination and watch the all around improvements, and how the peoples, the homes, the cities, gather unto themselves new perfections. And so the Advance goes on! Nothing can prevent the inevitable, the ultimate purpose of Existence! Why not join *now* and be one of those whose lamps will be found burning—in the Light, when the "Cry goes forth."

Remember, that the Truth must be demonstrated, for "By their works, ye shall know them;" and the Salvation is an individual concern, based on the knowledge, that "*The Will of the Lord is the Law of Holiness!*"

—GUPOMANO.



COMMUNION

THE festive holiday season is one of twofold significance—a time of merry making and joyous festivities, when family reunions take place and when love and affection is expressed toward one another, by the happy exchange of gifts and presents. This, however, is but the external expression of a still deeper relationship. It is this sacred relationship of the Holy Family on earth that calls out a profundity and depth of feeling that cannot be expressed in human language. The coming together of those who constitute this royal family in reunions, such our Semi-Annual Gahanbars, is productive of the highest and holiest state of felicity. It is here that we would gather about the Altar like the disciples who sat at the feet of the Blessed Christ, listening to the wonderful words of wisdom from the lips of our Master, as they flow forth as from an inexhaustible fount.

In this state of harmonious accord, when each imparts the fulness of their heart's blessing upon one another, occurs the sanctity of true and holy communion of mind, heart, soul and spirit. Then it is that we may eat of the 'broken bread' and drink from the 'holy cup,' receiving at the hands of the Infinite a fourfold blessing. Refreshed in body, soul and spirit, 'we go hence' assured as were the Saints of old, 'Lord, it is good to be here!'



As a family, Mazdaznan prepare for communion by fasting for thirty-six hours or more, after which in partaking of the bread, all the salts, composition of chemicals, are taken into the system. Wine: as the juice of the grape in its highest concentrated state entering the stomach, contracts the membranous lining, inducing perfect action—the rejuvenating process of the bread and wine is greatly enhanced by partaking of it in prayerful, thoughtful attitude of mind. By so doing the regenerating powers are called out and the spirit ascends to impart its universal blessing of love and peace.

AN OBJECT LESSON

AN impetus was given to the spreading of the Message in New York City, by means of the Suffrage Parade last November.

Of the thousands who marched, no group was more individualistic, than the band of enthusiastic Mazdaznan.

All those who saw its beautiful banner with the Mazdaznan symbol emblazoned upon it, instinctively knew it signified to the followers, Enlightenment and Progress.

Also the transparency with the motto taken from the Declaration—“No nation can rise above the level of its womanhood” was read, re-read and remembered too.

Cheers and applause were the accompaniment throughout the whole length of the route. —GLORIA BRYAN.



DEWDROPS FOR OUR LITTLE ANGELS

From Zend Legendary Songs and Patets
of our Ancient Mother Ainyahita Translated
by his Eminency Dr. O. Z. Hanish

OUR Little Mother, Ainyahita, loved to talk with her various playmates throughout all nature. Every morn she arose very early, in time to greet Old Father Sol, the great luminary of the heavens, that her song of praise might be carried upon his first rays of light to the far corners of the earth, imparting to all God's children the joy and gladness that she felt within her heart and that she longed to bestow upon Mazda's own. For this Ancient Little Mother was an "Angel of Peace," who came to this earth as a sublime Gift from the Throne of Heavenly Domains, that the Voice of God might call His Own to the fairy gardens of peace, love and joy, never more to wander in valleys of doubt and fear where one's feet stumble and arms grope in darkness, ever seeking the pathway that leads to the light, but knowing not which way to turn. It is through the earnest prayers and holy deeds of this Angel-Mother that we now live in a world, where She once lived. Even after thousands and thousands of years, Mazda (the Greatest Light of All Lights) grants to Ainyahita her one great wish "to live in the heart, soul and mind of her own kind and kin."

When Ainyahita was still a little girl, she once planted Kasha or sunflower seeds unto the Glory of our Lord God Mazda and unto the growth of her own soul in matter. These two flower beds were near each other and soon the tiny seeds sent forth their green winged messengers through the walls of darkness into the regions of light; for the warm loving rays of Khorshed, the Sun, pleaded and urged them to come and greet all God's fairy children who basked in the arms of His never-fading splendor, out side of the dark black soil.



The gentle tear drops often trinkled through the beautiful veils of various hues, draped over the countenance of Khorshed and fell upon the black earth, where lay slumbering these tiny jewels. When the kisses and tears of Khorshed awakened the long sleep of these precious seeds, their joy was so great that even the fairies of night danced about them; and soon they grew strong, swayed to the song of the breezes, and joined in the rhythm of all nature. As Ainyahita cared for them from day to day, her love for Mazda's flower grew so much, that she forgot to watch her own little plant, bestowing all her affections upon the sunflower planted unto the memory of Mazda. If the rays of Khorshed were too warm, she shaded this sacred plant; if the rains were too heavy, she shielded it also; if any foreign matter, like insects, etc, came near, she removed them, washed and cared for this holy plant through the hours of day and night. But one very sad day, this treasured flower refused to meet the glances of Ainyahita's ever watchful eyes and drooped its little head until the fairies of air carried its pure intelligence unto other fields of labor. When Ainyahita turned to her own plant, the flower that she had neglected and left alone, her heart was grieved all the more, for there it stood, so staid and proud, a joy to behold; but the one she loved and cared for, more than all else in the world, had withered and died. No one could comfort this Angel-Mother; no, not until she heard the voice of Mazda speaking within her own heart did she realize her mistake.

SHRACSHA.

(Next month we will tell, why the flower, planted unto the memory of Mazda, did not grow.)



TO MAZDAZNAN IN AMERICA WORDS OF COMFORT FROM INDIA

MAZDA says to one of His Prophets:—

Say unto mankind, Look not upon the Self-Existent with this eye: Ask for another eye.

That eye is the eye of the heart.

Why should they not see Him who is God?

That person is born blind who saith that he cannot be seen.

He is blind from the womb who cannot perceive the Self-Existent in this splendor which is His.

They have a cataract on their eye who cannot see Him.

The perfect man reacheth God as the line of the circle returneth to the point whence it began.

So hast thou returned unto Me.

And bringest whosoever thou listest.

The roads tending to God are more in number than the breathings of created beings.

How can he; who knoweth not himself know the Lord?

True Self-knowledge is knowledge of God.

Mankind comprehend according to their knowledge, and thou speakest according to thy knowledge, speak thou therefore that they may understand.

Mazda is hid by excess of light.

The world is a man, and man is a world.

Now mankind have become evil doers and have taken the road of ravenous beasts.

And know not thy worth.

And comprehend not the meaning of thy words, and moreover insult thee.

And have forgotten the blessings thou didst ask for them.

D. J. SONAVALLA.

Bombay, India.



MAZDAZNAN WINTER ACTIVITIES

AFTER months of unwarranted persecution from the powers that be, the Mazdaznan Association is bravely holding its own and progressing to the extent of opening rooms in the Athenaeum building, third floor, 59 East Van Buren street, where it will hold regular daily classes in breath culture and meetings evenings. The subjects of the talks and lectures will be upon philosophical, political, ethical and kindred topics of vital interest. Distorted and untrue statements, as to the great and purifying work of Dr. O. Z. Hanish has done throughout the world with his teachings, have been generously distributed through the "yellow" press since last spring. This, however, cannot sully his character nor mar the peace and purity of those accepting his teachings and living the life of regeneration, which he first bases upon a vegetarian diet and abstinence from all forms of alcohol and tobacco.

—THE VEGETARIAN MAGAZINE.



RAYS OF LIGHT

YOUR letter and magazines, beginning with July received. Many thanks for same; I read them with pleasure, for they are educating in every respect. With best wishes for success, I remain, sincerely yours
—FRANK KOVACS. *St. Louis, Mo.*

I WAS very glad to see the department of *diet* appear in the November and December magazine. I think such a department appearing regularly, with explicit directions for doing things in real Mazdaznan style, will make an attractive feature of the magazine. Salaam Aleikum.
—ALICE G. SAWYER. *Pasadena, Cal.*

ENCLOSED find check for Mazdaznan and Messenger for another year. We feel that we cannot get along without it, having read its messages of cheer and encouragement so long. We often turn to back numbers when discouraged and always find a ray of light through its pages. May it continue to prosper and spread the Message. M. MC KEE. *Newark, New Jersey.*

PLEASE find enclosed one dollar for my subscription to Mazdaznan and Messenger. If it were possible to express myself in English, I would tell you how much I enjoy Mazdaznan and the love I feel in my heart for all the dear people in this grand work. Most humbly yours —JULIUS LEVERSON. *Chicago Illinois.*

DEAR Reverend Doctor:—Last year I came to your meetings at San Diego on crutches—I am sixty-two years (young)—Now, crutches are a thing of the past and I continue to work without them. Would like very much to see you on your next trip West and want your books, not only for their health value, but to keep track of you and this wonderful Message of Mazdaznan.
—M. C. BOURNE. *Bristol, Washington.*



LOVE and peace to you! I am back from my European trip and very glad to receive the Magazine again. I received some new inspirations in the Old World, especially in the family of our dear Father David, and I bring their Love and Blessings of Peace to you and your dear ones; also "Ten Thousand Times Hail" from Brother William Benjamin. Yours very humbly,
—KURT GRAICHEN. *Chicago, Illinois.*

LOVE, joy and peace to the household at Little Bethany and all the Dear Ones in Mazdaznan. Just the day after I sent two subscriptions to the MAZDAZNAN, your kind letter came, bringing with it the grains of wheat used at the communion at the Temple, and also your words of cheer and greeting. We opened the envelope as we sat around the open fire in the library of our new home and partook of the wheat with loving thoughts of you all and a great feeling of thankfulness to the Blessed Zarathushtra for his work and labor of love. With greetings and many thanks for kind remembrances of our family, believe me, faithfully yours,

—ANNA P. CREELMAN. *Yarmouth, Nova Scotia.*

GREETINGS to Thee and Thine! Every day this week we have wanted to write you but the week has been so filled, preparing for our Omar Khayyam evening. November 29th Guromano gave us a most complete paper on Omar Khayyam, quoting many times the Master. You might like it for the magazine—it is too long for one publication but could nicely be continued from month to month. We had a nice company—about 45 people, among whom was the President of one of our leading Literary Societies. The entire parlor floor was lighted with Glow Lamps, (red) Palms, Jerusalem Potted cherries, plants, in full clusters of red cherries; also beautiful rose trees in bloom. His chair was draped in Red. Music was enjoyed, refreshments, etc. It was a most triumphal evening. With Love to our Mother and each one of her Divine Family.

Mother ADELIA MALLET. *Montreal, Canada.*



DEAR Mother Maria:--Our greetings to you and the family gathered together in the Household of Mazda. I have until very recently been of the Chicago Center and have met you at the Gahanbars several years past, but I never seemed able to speak to you. Am sending you some lines which cannot be called poetry, as I have broken all the laws of rhythm, but they just would come that way.

They were inspired by an experience which came to me four years ago. I was then associated with representatives of a cult who condemned severely giving birth to children, claiming that it was a *mortal* concept. I grew very unhappy and still it did not seem to me that such could be a proper attitude. My thoughts concentrated on this subject and desiring to know the truth, I seemed to become conscious of a spiritual presence or state, in which I saw what I have tried to express in these poor lines. I transposed it to paper as soon as I could, as the realization was so beautiful, it seemed to me I must put it into form. I felt *bathed* in the most heavenly *rose* fragrance which was the aroma of that Universal Motherhood which every true consecrated Mother represents. This holy Motherhood is to bless the race through her spiritual understanding of immaculate child, here and now in the flesh. The wonderful fragrance was from that beautiful love whose distilled perfume is generated from pain and sorrow. It falls like the dew of heaven upon the earth's weary ones who have not yet beheld the vision.

Just after this experience I was led to our Temple, so I know that I am on the Right Path.

With love from daughters and myself, Yours devotedly,
—VIOLA M. WOOLSON.

The beautiful Poem entitled "Mother Love," published in December issue, was written by Mrs. Viola Woolson of Janesville Wis. and she explains in the above letter the vision which inspired the poem.



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ORACLE FOR 1913

Given on Sylvester Night at 11:26 p. m., Dec. 31st, 1912, to New Year's Morning, 12:19 a. m., Jan. 1st, 1913.

HEAVY clouds are gathering over the States and many will be the visitations to parts heretofore thought to be beyond the reach of catastrophies induced by elementary conditions. Losses to products, beginning with decimillions, will reach the centimillion mark before the season is over, only to bring new calamities to other districts, swelling the loss beyond all measure.

Nature will revenge herself on account of the criminal tactics used by man in forcing prices upon her horn of plenty, destroying by artificial devices her blessings to man. To save man from further criminal deeds of a commercial spirit Mother Nature herself will destroy her handiworks after first showing to man her ability to furnish showers of plenty. Not only on the Southern countries but on the Northern states as well Nature is going to revenge herself. With the advance of the season there will be blizzards, hurricanes, shocks, quakes and untimely floods to be added to her unbridled elementary changes in the sudden rise and fall of temperature until climatic conditions become as uncertain as the mind of man toward his God.



Losses by fire and accident will mark season upon season and manifold will be the calamities of every walk of life. Industrial pursuits will be frequently interrupted by acts of God and the interpolations of the thoughtless hand of man. Many old established concerns will meet their deathblow and others just rising will totter and fall with them. The expense of living will run still higher while the means to livelihood will run lower. The spirit of plenty of the past and the thoughtless waste of the present will run riot and call forth revolutionary tendencies.

Although money will be scarce there will be more real estate transactions of city and country property than ever known in the history of the country and the man of economy will come into the field to lighten the burden of the general market. A sudden stagnation will befall the cotton, iron, steel and coal market. Manufacturing of many commodities will be suspended. Cities heretofore showing gradual or sudden increase in population will as suddenly decrease. Wheat will suffer and corn, oats, rye and barley will yield poorly while feed will be scarce owing to calamities induced by elementary conditions.

The sanguine and optimistic spirit of the executive officials only, will keep up the hopefulness of the people at large, and the democratic tactics displayed at every move will avert much danger. Still the Eagle in his



ascendancy will carry a black crepe around his neck. The chastisements of a blest people by the hand of the "Spirit of the Times" will be unto salvation of thousands who will return to the first principles of our pioneer fathers and turn their hands to plowshares rather than the handling of a political machinery bent to corruption.

Canada will profit greatly through the visitations upon the States and follow the guiding hand of God. Mexico and the central states will continue with their maneuvers while Brazil and Argentine will profit and gain greatly through the upheavals all over the world.

Japan will remain in the background in all matters of diplomatic importance, playing quietly her part of settling all such countries with her subjects as she has had an eye upon them ever since she proved herself victorious.

China will keep busy deciding the form of government most suitable to her present situation in which Russia will take advantage of every opportunity to gain more concessions as she (Russia) profits by Balkan troubles, loosening her fetters and gaining ground where others lose.

Turks and Ishmaelites will be brought closer together through all the vicissitudes and trials attracting all surplus Semetic blood of a mixed tendency to their fold.

The Balkan question will prove a panacea



to the powers, healing the wounds of diplomatic mistakes and instituting a compromise averting untimely disasters. Although the tension oftentimes will reach the threatening point nevertheless danger will be averted at the last moment.

England will profit greatly throughout all the trouble and will assure unto herself the administration of her dominions and possessions as she is given grace to retrace her steps.

France will awaken the old imperial spirit and recognize the necessity of a court worthy of her national pride among her fellow nations.

Spain and Portugal too will undergo radical changes during the advance of the seasons while Italy will continue to display her ambitions of Roman ancestry to the best of advantage.

Switzerland will be exceptionally visited by disasters.

Austria, as much tensed as she may be and ready to meet any emergency even though contrary to the wish and will of her Sovereign or her people, will be spared humiliation and gain her points in a most exemplary manner.

Bulgary, Servia and Greece will come to prominence and enter the diplomatic corps of the Power's chess board playing their part with the cunningness of an Alexander.

Germany will reach the height of feverish tension and her national pride which came to her through Prussia in 1871, will begin to



wane. With the year 1913 the Prussian spirit and pride will meet defeat and the spirit of the southern states gain in influence although the present house will continue to rule up to 1927. There will be great disruptions in the Prussian household and a number of members of the family found guilty of breaking long established customs of etiquette and family ties. With the return of pre-Bismarckian methods and concessions to anti-national concerns the glory of Prussia will wane yet the spirit of Barbarossa will all the more be nursed until a nation shall arise with an open view to the Northern shores of limitless waters and the Southern strands of a Mediterranean.

AINYAHITA PUBLICATION

AFTER years of study, compiling and transposing the Zend Writings of our Ancient Mother Ainyahita into beautiful text, these precious Pearls will now be available to those who appreciate the great Wisdom that this book holds. It is to be exquisitely bound in Morocco and elegantly and artistically illustrated.

As only a limited number are to be printed, those desiring copies will forward name and address to Chicago Temple, in care of Maurice Clements.

The price of these de Luxe Edition of Ainyahita Pearls is Twenty-five Dollars per copy.



THE NEW ORDER OF THINGS

THE guiding star of woman's life is *Intuition*—the voice of the Spirit—it will never fail to lead her aright. In cases of need and emergency she has but to follow the prompting of this silent monitor and most wonderful will be the result. She is here amid undeveloped elements and unless well guarded and thoughtful, this will be reflected upon her. She must therefore be on the alert to counteract such conditions.

WOMAN, like nature, is ever creative in her principle and like nature she must observe the means at hand however simple they may be. She too must be able to graft onto her tree of wisdom such branches as will enable her to bear fruits of not only longevity but youthfulness as well—the youthfulness born of Sunshine, Joy and Happiness.

A witty French writer remarked "that after man has trudged slowly and laboriously to climb to the mountain top, lo, and behold woman was already there. Yet she was unable to tell *how she got there*." It is true that if woman were alive to her possibilities, if she were on the alert, she would be able to outwit the wisest of the earth.



IF woman will study human nature—if she will but heed her first impressions she will never be deceived or taken advantage of by the opposite sex. She is endowed by nature with a keen penetrating insight into character. But she weakens her powers through her heedlessness and her indifference.

LET the queenly woman grasp firmly the hand of her chosen Lord and mount together the ascending heights of knowledge and understanding. Let her shed the light of her intuitive judgment upon their pathway, for it has been said that "God reveals in a twinkling of eye to woman what man ponders over for months."

IF woman will but listen to the silent Monitor—the intuitive voice—she will be led unerringly through the labyrinths of time, on toward the towering summit, *where* will be revealed to her the treasures of Heaven and of Earth.



HINTS OF THE SEASON

BY HIS EMINENCY REV. DR. O. Z. HANISH

FEBRUARY is the month of high ideals and lofty calculations.

SPICE fruits alternatively with a dash of cinnamon, mace, nutmeg, clove, and allspice.

FLAVOR sauces alternative'y with lemon, orange, pineapple, vanilla, ginger and raisins.

PURE lemon juice in large quantities will break up a cold and if taken with rock candy or syrup will dissolve the phlegm, thus clearing the throat.

SEASON your vegetable dishes alternatively with a pinch of thyme, marjoram, parsley, if cooked, and if raw, as salad dishes, use aromatics, as celery seed, anise, caraway, and fennel.

IN colds avoid meals. Take a mild cathartic and chew a handful of prunes. Not only will you break up the cold in a day, but you avoid other troubles. Hot lemonades, without sugar, may be used.



PARSNIPS, well done and baked in little oil, with mushrooms on the side, some toast with garlic and a cup of rose leaf tea with lemon, will be an ideal meal this month.

DO not drink with your meals if Lent is to be of value to you. If drink you must, take it before the meal. But with or after the meal use no liquid. Have your teas or other plain drinks three hours after the meal.

WHETHER in a rainy or frosty clime do not bundle up too much. Keep relaxed. Breathe out slowly and at intervals. Drink little. Use foods containing liquid sufficient to satisfy your thirst.

AVOID the use of cocoa, chocolate, tea and coffee unless it is to be for a stimulant. Cereal coffee, corn coffee or vegetable and fruit coffee disagree with most people during the months of February and March.

EGGs will prove of inestimable value at present but they must be fresh-laid eggs and not of last year's storage. Eggs used in their various forms will prove a valuable diet to the invalid. Two raw eggs a day will accomplish more good than all the medicine one can possibly prescribe.



THE eating of beans and peas as well as lentils are now in order. In preparing them it is best to use clarified butter or oil that has been heated with onion and apple. Use no seasoning except a little cayenne pepper.

THE most convenient way to use roots and barks, is to grind them and sprinkle the powder over the foods to be used, or if more convenient, use the desired quantity by the half teaspoonfuls and drink milk with the dose. Blossoms and leaves should be eaten like a salad and usually as the introductory dish.

IN case you can not shake that feeling at night or that hot flash at daytime suggestive of grip and general debility, continue to take hot baths every night and drink a cup of tea made from four leaves of jaborandi steeped for three minutes. For a drink use diverse fruit juices, if possible from fresh fruits as they come from the tropics.

HOT lemonades are seasonable while the use of grapefruit is inestimable to those whose blood is heavy and the skin insufficiently active or given to eruptions. Use grapefruit daily for at least twenty-one days and be sure you eat rice with your meals. Let rice be your principal dish. Drink water only when containing a few drops of lemon.



ANOTHER splendid remedy, especially in colds, influenza, malaria, coughs and chest troubles, is the juice of one lemon beaten with one tablespoonful of grape brandy and two salt spoonfuls of salt. Immediately after take one cupful of light jaborandi tea or seven to ten drops of tincture of jaborandi to one cupful of hot water and retire to a very clean bed.

WE are liable to make a sad mistake when anxious in regard to the selection of foods for our physical constitutions. If we but keep a clear mind and retain common sense we shall always know of the right things for us to do. If we only attended to our breathing periodically and attentively there would be no trouble as to the proper things to be chosen for our good.

DURING this month of February we derive a great deal of good from the pale green fruits and vegetables to which grape fruits, oranges and leek, olives and lemons belong. Of vegetables lettuce, celery, leek, shives, and sprouts are predominant. All the soft barks and tender roots, as well as sprouts or hearts of tree, shrub and plant, whether of the sunny South or the frozen North, under the snow or the deep of dark forests, make good drinks.



FORMAL DINNER MENUS

(Also suitable for Holiday Dinners)

Grape Fruit Cocktail
Bouillon a la Simple
Celery Radishes Ripe Olives
 Grilled Eggplant
 Cucumber Salad
Potato balls Macaroni with Spanish Tomato Sauce
 Oriental Bread
Bread Pudding Wine Sauce
 Coffee and Cream

Mushroom Cocktail
Vegetable consomme
Celery Stuffed Olives
Roasted stuffed Peppers, Florentine Style
Grilled Tomatoes Brown Sauce
 Cauliflower Puree
Operatic Salad with Golden Dressing
 Health Bread
English Plum Pudding Hard Brandy Sauce
 Oriental Coffee.

Persian Salad
Sunkissed Dressing
Radishes Celery
Potato Croquettes Duke de Orleans Style
 German Sauce a la Shonberg
 French Peas with Mint
Endive and Watercress Salad
 Toasted Wafers
 Almond Pudding
Arabian Coffee with Cream.



RECIPES

Bouillon a la Simple: Pare twelve large potatoes cut in four pieces (quarters) boil until well done in plenty of water. In another sauce pan melt a large piece of butter, mixing with it two tablespoons of flour, season to suit taste pour the boiling potato water over this, boil up and serve in bouillon cups—delicious—make potato into a puree by putting them through a potato ricer. Season with salt, paprika, butter, beat in sufficient cream to make light and fluffy. Beat with silver fork until light and creamy, pile lightly in tureen. Serve with sprays of parsley as garnish.

Grilled Egg-plant: Cut into thick slices, sprinkle lightly with salt and cayenne pepper, cover each slice with a teaspoon or less of melted butter, place in dripping pan and grill under clear flame. Serve with this potatoes, cut into tiny ball shape, browned lightly in butter, adding when removed from fire a handful of minced parsley, toss well and serve around the slices of Egg-plant arranged tastily on plate. Cucumber salad is especially fine with this combination.

Spanish Tomato Sauce: Pour large can of Tomatoes into stew pan add 3 bay leaves, 3 cloves, one tiny piece of tobasco pepper, boil and strain coarsely, add a half cup of finely ground raisins and almonds, head of garlic, three tablespoons of tarragon vinegar, 1 of sugar, juice of one lemon boil until thick, strain through fine sieve and bottle. Fine with rice, barley, spaghetti, macaroni. Take small size of Grape fruit remove seeds making cavity quite large. Have large French mushrooms freshly broiled and buttered lightly seasoned with bit of salt and cayenne pepper, place in the center of cavity and pour over Cocktail sauce made of Tomato catsup, horseradish, Tobasco sauce.

Baked Stuffed Peppers: Florentine Style. To each green pepper stuffed, grill as many half Tomatoes alternately on platter and garnish with sprigs of parsley. Serve with brown sauce. Recipe for stuffed peppers and brown sauce given in magazine previously.



Cauliflour Puree: Divide in small bunches, boil or steam in its own juice. Prepare in separate stewpan three pared and sliced potatoes boil until done, mash through sieve adding cupful of rich milk season with butter, salt, cayenne. Cook slowly until it thickens, then pour over cauliflower and serve hot.

Operatic salad: Arrange the following vegetables on a flat salad tray: first arrange the golden heart leaves of head lettuce around the outer surface, then alternate thin slices of cold cooked carrots and blood red beets fill in the center with blanched asparagus tips, mask with mayonnaise dressing, very artistic. Slices of dill pickles or gherkins may be used instead of lettuce.

Persian Salad: Take white and purple Grapes with pieces of pineapple, have golden leaves of Lettuce arranged on individual salad plates, make a mound of the fruit and pour over the fruit the Sunkissed Salad Dressing.

Sun Kissed Salad: Mix juice of two oranges, one lemon one half cupful of sugar, heat in double boiler, beat two eggs light, and add to fruit juice, cook until spoon becomes coated remove to dish of cold water, when cold beat in one cupful of whipped cream.

Potato Croquettes: One pint of mashed potatoes one cupful of boiled rice one well beaten egg mix thoroughly, mold in croquette shape roll in beaten egg, then cracker crumbs, and fry to a light brown in hot oil in a frying basket. Serve with tomato sauce.

German Sauce: (A la Schonberg) Brown lightly in large piece of butter five cloves garlic, then add two table-spoons of flour stirring constantly until brown then add some Millennium Extract one forth of a teaspoon, then add sufficient water to thicken to consistency of gravy, adding to this some finely cut parsley, 1 bay leaf, 2 cloves, one teaspoon of cognac or lemon juice, season with salt, cayenne pepper as removed from fire, beat in one yolk of egg and half cup of cream. To the above may be added one minced onion and cupful of cut mushrooms broiled in butter.



MOTHER ADELIA

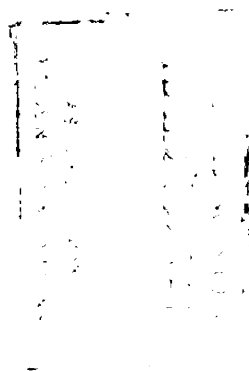
"The Intellect of the Wise is like Glass: it admits the Light of Heaven, and reflects it."

IDA Adelia Marsh Mallet was born in the little town of Trenton, on the Shores of Lake Ontario, Canada, October 12, 1866.

Her mother, Charity Derrill, was of Quaker stock, combining all the loveliness of winsome womanhood with the true religious fervor of zealous Puritan Ancestry of the family of Brock, a niece of Canada's Deliverer of that name. Her Father, James Marsh, was also of noble blood, being descended from John Marsh of Hartford, Duke of the Realm.

Many years Mother Adelia was an earnest and diligent searcher after Truth, investigating the many different schools of thought in which Chicago abounded. It was in the year 1900 that she first became interested in Mazdaznan, becoming a pupil of our Master in "Health and Breath" in the Van Buren Hall. As her health and happiness increased, as the wonderful Message became more understood, she felt impelled to impart to others the Key.

A few years later she met Hooper Mallet who had journeyed to Chicago on the "Great Quest," and after introducing him to Mazdaznan and the friendship of several years, their "Solemnization" took place in the Temple, December 19th 1906. It did not take this noble "couple," more than a month or two















before they decided to turn their little home into a Mazdaznan Center and proclaim the Royal Message to the people of the Royal City. Many years they presented the work of the "Great Cause," and were rejoiced after a time to have the Master visit Montreal, where he gave several public Lectures and inaugurated open classes down town in the Preliminary Courses. Many availed themselves of this opportunity and gladly gave their support and allegiance. Since then success has crowned their endeavors.

They were able to erect a Temple-Home on the beautiful slopes of Mount Royal, which was dedicated to Mazdaznan by the Master, May 23rd 1910. Many classes, lectures and meetings have since been given, including two Gahanbars. Thus the influence of Mother Adelia has been of great importance and lasting benefit. Her practical wisdom, strength of character, her kindly disposition, generous hospitality, has won for her the esteem and love of all who are privileged to know her. Endowed with an intrepid spirit and determination, a purity of motive and a heart full of sunshine, Mother Adelia is worthy of the family position, she so royally fills. No trial or trouble can sway her from the performance of the "Covenant," and each day the Beaconlight shines more brightly attracting to the "House of Mazda," the Destined Ones.

—GUROMANO.



DADDY HOOPER

Love was to his impassioned Soul
Not, as with others, a mere part
Of its existence, but the whole—
The very Life—Breath of his Heart!

HOOPER Mallet was born in the beautiful Isle of Jersey in the Channel Group, on August 13th, 1868, his mother being Eliza Hooper and his father John Mallet. To him was first ascribed the distinguished title of "Daddy" in the Great Mazdaznan Family, this endearment being the spontaneous outburst of a little child.

His name and family are to be found associated with events of the greatest historical importance and interest in both England and France which are comprised between the eleventh and sixteenth centuries. Even unto our day, this family of Mallet, has produced members alike remarkable and distinguished for their brilliant talents of Diplomacy, the Church and other Branches of the Public Service. The "Coat of Arms," as given in the Imperial Library, Paris, is too elaborate and extensive to be quoted here. The Crest is "Out of a ducal Coronet, a Cock standant, Ppr.," and the Motto: "En Dieu Affie."

Like most Mazdaznan Daddy has always taken a considerable interest in all matters pertaining to Church and State, ever seeking for the tangible and real. Many different Philosophies came under his review and it was



while at a Conference in Chicago, that he first met "Mother Adelia," whom he subsequently made his Co-helper and Beloved Companion, their "Solemnization" taking place at the Temple, December 19th, 1906. This as he says was the turning-point of his life. Through her he was led to investigate and find in Mazdaznan the Realization he had previously sought for in vain—now learning the great yet simple laws of life.

By all his friends he is greatly beloved, for his nobility of character, true manliness and continual happiness, which he ever reflects. For years it was his pleasure and he considered it his duty to bestow of his substance to the needy and many are the stories of his unbounded generosity. Now he follows the better plan by showing the sick and poverty-stricken how to help themselves; but to the Family he is always ready to assist and counsel. In his beautiful Temple-Horne he presides at both Altar and board with a charm that makes for Harmony and Peace. To him and Mother Adelia have been given the Charge and Consummation of the "Glorious Message of Peace," in the Great Dominion of Canada. No Standard-bearer could be more faithful or better fitted for the task. Daily he is gathering into the fold of Mazda in the City established in 1642 as the "New Kingdom of God on Earth," the "Elect," who recognize in him a "Corner stone, worthy to pattern after."—GUROMANO.



MASTER'S BIRTHDAY CELEBRATION

ALL the remonstrances on the part of the Little Master availed him naught for the Saints of Mazda would have it so, and the Birthday Celebration took place. From all parts of the world cablegrams, telegrams, night messages, special deliveries, letters, parcels and boxes fairly flooded the Temple for a few days. But the climax was reached when Mother Julia arranged for a party at her Mazdaznan Science Center, 2748 Hampden Court, Chicago. The spacious Ballroom was fairly crowded to overflowing when amidst palms and other tropical plants the Little Master was ushered in from behind the scenes. All present enjoyed his address so much that the whole evening thereafter, everyone wore the proudest happiest smile that a human being can possibly create. Mother Julia presented the Master with a huge but exquisitely designed Loving Cup, with the inscription at base: "Good Thought, Good Word, Good Deed." The face side of the cup was inscribed: "To our beloved Master, Otoman Zar-Adusht Hanish." The other side read: "From Members of the Chicago Mazdaznan Congregation, December Nineteenth, 1912." After the presentation of the cup by Mother Julia, Master Hubenrausch held the cup, as an envelope was placed into the huge cup. The



contents of the envelope were not to be disclosed. All present knew what it was as they all had contributed their share. Suffice it to say that the Master said: "I am surprised." The rest of the evening was spent in banqueting, dancing and general amusements befitting the people of refinement and aristocracy.

DECEMBER THE TWENTY-SIXTH

Of the year nineteen hundred and twelve will long be remembered by all those who witnessed the quaint, yet most impressive of all the ceremonies in the Mazdaznan Ritual. A hush went over the audience in the auditorium hall when the chimes began to peal forth their sweet and mellow tones and shortly there after Miss Minnie Theresa Brauckmann played the Wedding March. It was said that the march has not been played with greater fervor by the composer himself, while the interpretation revealed the individuality of the performer. During the progress of the music the Bridal Party slowly made their way into the Sanctuary, led by a company of white robed boys and girls, and followed by the witnesses of the Mazdaznan fold. As soon as the last notes died away into the realms of ether seats were assigned to the participants in the act of Solemnization. The chairs were draped in colors emblematic of the attributes of Womanhood and Manhood of God and His innumerable



Virtues. Then the ceremony proper took its usual course, which to describe would necessitate too many pages to give even a faint idea to those who have never been privileged to witness this great treat as it outstrips in pomp and regality even the grandest of royal coronations.

We only wish to call attention to the oddity of the performance of two marriages in our service the participants having been Dr. William Freeman Havard and Minnie Violetta Clements and her sister Bessie Sunshine Clements with Mr. Bruno Groeschke. The young ladies are of Chicago. They are sisters of Maurice Clements now in charge of the Temple. Dr. Havard hails from Philadelphia having practiced in New York for many years, while Bruno Groeschke is a recent arrival from Brazil, born and educated in Germany.

During the course of Solemnization acolytes wove the Patriarchal threads around the participants. The knots were tied by the Master. The burning of the knots gave the final to in the Havard family and to in the Groeschke household. All problems remain to be solved by the oracle encased in the Arch of Solemnization.

Presents were showered upon both couples in a most surprising measure. Mr. and Mrs. Groeschke intend to locate in New Orleans. Dr. and Mrs. Havard may remain in Chicago for an indefinite time.

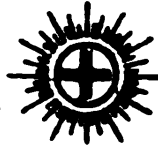


GOD, NATURE, MAN

NOTES FROM OUR MASTER'S LECTURE

THOSE who happen to be here for the first time may not quite understand the modus operandi of this family. We consider everything done here as done by common and general consent as a family. It is a family, a great family, a greater family. It is *indeed* a great family of *all* families, that all may pursue the path, convinced that it is the right path to pursue, to prepare a foundation that will enable them to build higher.

Form is a manifestation of time, prompted by the impetus of the spirit or the spirit of God, Infinite Intelligence, the thought that has brought us together, recognizing in each other the same ends in view, the same God, so much so as to have culminated in one belief. "Man behold in things of nature, whether great or small the creature, the face of thy Creator," be it a kernel of sand by the sea-shore, pebbles or boulders of mountain tops, we see in it all the outlines of the Infinite Face of God. While wind storms declare unto us His most holy name; waters, the towering waves of the ocean, only disclose the depth of His thought; even the little flower says "I am fashioned by His thought and carry the impress of his mind — my lines betray his presence;" every tree-top declares unto us



that God is in it. In every one—God—man, behold in things of nature whether great or small the creature, man behold the face of thy Creator.

Let us think deeply, reason wisely, let us see for ourselves, make comparisons, deductions, that God is indeed in us while His handiwork stands before us. We are a witness of the *Living* God, not a God of the dead. We do not belong to that which has not been revealed. Yea, behold the face of thy Creator. We may: we will breathe out, breathe out, breathe out the accumulations of the past—the old ancestral ties. Breathe out suggestions imposed upon you while passing thru the processes of unfoldment, and with it annul all earth bound ties, and begin to breathe in the spirit of liberty. Breathe in the spirit of God, until every organ resounds. Breathe in the reflections of the thought of God's ever presence.

Breathe out until every energy, at last, becomes unconscious of it's material self, but the spirit be retained, the thought remain. Then we know but one thing, that "I am, I am the Lord thy God, thou shalt have no other God before me and that God is in His holy temple." Every particle of thy being must subject itself, and be subjected to that one thought, that the Lord is in His holy temple. Arrest, draw every particle to that center, the heart. Let all that is of the earth keep



silence. Arrest all action. Be reminded that only in a state of quietude, Peace, is it possible that God can assert Himself. Be still. Don't argue, discuss, inquire, search, seek, read; but *be still* and know, that I am God.

While breathing out, say consciously, "*Be still* and know that I am God. Be still and *know* that I am God. Be still and know that *I am* God. Breathe out, mentally saying it six times. Sing "Behold the Image of thy God."

NEW RELIGIONS

RELIGIOUS systems and cults have swept over our country far and wide which seem to take root wherever they are being made known, inducing us to wonder and ponder, asking ourselves why such should be the case when Christianity offers us untold opportunities to exercise our religious scruples as there are right in our system of Christianity as many denominations as there are parts in the human body. These new religions that come to us from abroad are *new to us* but they are not new in themselves. They are rather the old religions out of which have come



Judaism and Christianity, Mohammedanism and Protestantism. These old religions, presented to us in the concept of newer thought, seem to fill the long felt want much more than our own system in which we have been born, raised and reared, owing to the shallowness of mind on the part of our teachers, priests and ministers. As thinking, reasoning beings, we detest the narrowness of creedology and the inconsistency of theology with mathematics. We have learnt to obliterate contradictions which lead to misery of heart and rebellion of mind. We feel that there is something lacking in Christianity as taught and lived. As thinkers we desire Christianity applied and in doing so we are compelled to take to the ready reference of older religious systems as we are compelled to resort to the Old Testament so as to more readily comprehend the spirit of the New Testament. These old religions made new and presented in a light of newer understanding fill out the want and lack in our own and make up for the many deficiencies created due to misunderstanding. Instead of looking askance at the new religions brought to us by the Elder Brothers of the Far East we should welcome them into our midst and make use of the Keys that will help to unlock the treasure-house of Christianity and the latter applied to the daily walks of life will thus bring about the wished for union which creates harmony, peace and love.



WHAT OF THE FUTURE

IT is good. Past and future are full of mystery. Both are full of change. But the past never held certainty. The future holds certain promise.

Accepted history gives certain accounting for some 8,000 years of human growth. Tradition takes us back some hundreds of thousands of years. In these traditions we find a succession of cyclic waves of life, these mounting higher and higher, but each being finally sucked back into the abyss of time. Civilizations dissolved and were replaced by barbarism, which slowly attained to civilization, only to be in its turn overrun and destroyed by a barbaric horde. Such is the record of human life on earth.

Earth has held higher civilizations in past time than exist today. In some lands, as in Cashmere 2,000 years ago, genuine love of neighbor was a national trait and the country knew neither poverty nor personal hate. In another country farther back personal love was denied the priest and acolyte. They were subjected to death if it was even suspected they bore love or affection for any one human being, even a parent or sister. They were to love the whole race impersonally, but give no love to an individual. This was the acme of communal selfishness, just as Cashmere gave the height of communal helpfulness. Yet Cashmere has fallen and the other country is not even remembered by name.

We boast of our scientific attainment, yet in the days of Aetalonian wireless telegraphy was in commercial use. In Persia, so long ago that it was but a tradition among the Chaldeans, cannons were used in warfare. A few thousand years ago newspapers were printed in Central America. Our highest achievements of today—cannon, printing and wireless telegraphy, representing the ultimates of war, literature and commercialism—are thus shown to be mere replicas from former civilizations so far distant in past time that we may not with certainty assert the names of the nations nor the dates of the civilizations which employed them.



And science has samples of art from Egypt and Peru it is unable to duplicate in the flexible glass of Egypt and the tempered gold of Peru. Nor can it reproduce the famous blades of Damascus.

Sometimes we hear the remark: "That man has forgotten more than I ever knew." Our civilization could apply the same remark to the civilizations that have preceded. But where are those civilizations now? What warrant have we that our civilization will not expire also?

The answer is this: In the springtime of the first civilization that appeared on this earth there was formed, at first inchoately, later with definiteness, a group or Circle of the wisest men and women, who undertook to not only preserve the record of the Ages, but also to use their wisdom for the protection and guidance of the earth through all the Ages to come. These men we call Masters. Who They are we may not know. If by chance we do know of them we may not tell of them as individuals but among them are those who walk the earth in forms of greater glory and in the exercise of greater power than the average christian attributes to God Almighty. These are the men who hold the destiny of races and nations in the hollow of their hands. They are men of Supreme Compassion, at work for the final redemption of every member of the human race.

It is known that some years ago these Masters caused the formation of a certain order, which numbered hundreds, perhaps thousands, and gave certain teachings in philosophy, telling the neophytes that after seven births they might reach that plane of being whereon they would learn the direct means to perfect their personal temples as fit habitations for God—their Higher Self. One of these Masters is quoted as saying to a student they had other important movements beside that one, just as Jesus is quoted in the same way by His disciples.

These Masters stated that because of their work in that order the current of human evolution had been



brought under control and that civilization now arising in America would endure eternally—in other words, that the crest of the wave of evolution would never be checked, again would never be turned back to the trough of the sea. Besides, regaining the lost knowledges of former civilizations, new knowledge would come.

Mazdaznan is not an occult order, neither can we say the transformation of iron ore to pigiron, of pigiron to steel, to watch springs, is an occult proposition; nevertheless there is a transmutation of matter. So the breath of Mazdaznan, posture, diet and various formulae, are not occult; they are as plainly scientific as the several stages from iron ore to the finest watch springs. But, curious to say, Mazdaznan contains today, and has been teaching for years, those particular formulae of growth which were promised the neophyte of the other—the “occult” order—as a boon to be gained after seven lives.

How many Mazdaznan, devoted though they be, really appreciate that in the religion of health, in breath and posture, they have the ultimate modes of growth, the ultimate modes of transmutation of bodily atoms into finer and still finer potencies until finally Mazda Himself will be enabled to talk to and through every Mazdaznan.

The future of humanity is upward, of the race onward. Notwithstanding the hills and valleys, rills and cataracts, mild breezes and roaring hurricanes, the race and humanity will progress up and on forever. But with all this, each individual must work out his own salvation—in fear and trembling if he follows but the path of faith; with certain confidence if he follows the path of knowledge and humility. Arise, my soul, arise—*On the breath.* Prof. JOHN A. JOHNSON.



LETTERS FROM DEAR ONES

OUR Most Dearly Beloved Mother Maria: Many thousand times Hail to thee and thy household!

I received a very kind and loving letter from Ruthken quite awhile ago. I very much appreciated her kindness in sending me the wheat from your blessed altar; I prize it highly and it now reposes on my altar, awaiting some solemn occasion for making use of it.

I opened the preliminary work the 23rd of last February. My pupils seemed very attentive and I feel amply repaid for my efforts.

On the 19th (next Thursday) is the Master's birthday and we are going to present him with a "Loving Cup" from the Mazdaznan Congregation here. We are doing this in appreciation of the teachings he has so bountifully bestowed upon us.

The Gahanbar will soon be here and with it a double wedding. Two of our dear sweet girls, Minnie and Bessie Clements are going to take up a more responsible position in life. The happy men are Dr. Harvard and Mr. Bruno Groeschke. I think the wedding will take place on the 26th of this month.

Now a word or two about the Gahanbar. I noticed an article in the last Mazdaznan about Gahanbars. It seems to me that our mid-winter feasting season would not be complete without a Gahanbar. The coming together of our dear ones from every other Centre gives them the opportunity of mingling and exchanging ideas that no other occasion would give. The Master gives out more when the audience is composed of our own kind. No centre would receive as much individually as when all sections of the country are represented in one gathering.

May Mazda ever keep and protect you for us as a guiding star and may your light burn brighter that our paths may clear for us as we travel onward and upward.

With much love to you and all the dear ones entrusted to your care I am yours in the Spirit of Mazda.

—MOTHER JULIA. *Chicago, Illinois.*



DEAREST Mother Maria: How we do long to see you all and greet each one with a holy kiss, yet in spirit we are with you—daily do we feel the vibration directly from the center. Even thru the din and clatter of the thoughtless world, last evening we could hear the songs and feel the prayers ascending to the Lord God Mazda.

We have been so busy that we have had no time to write letters of business importance; we will soon be upon a basis of easy gliding when we will not have to spend 18 hours out of every 24 in personal attention to the same. We have only Mazdaznan employees and everything is harmonious and beautiful. Business is *very* promising. The general public seem much interested in dietary subjects, wholesome food etc. Thus far we have only a place where we prepare food but a little later we will have a place where we can serve meals too. That is one of the best ways of reaching people it seems.

Wishing you and your splendid household a Happy New Year. We are Royally Yours,
IONA.
San Francisco, Cal.

OUR Blessed Mother, Greetings of Peace, Joy and Plenty! My Beloved companion joins me in wishing you and your dear ones of Little Bethany a Christmas full of joys and a New Year laden with the fruit of Prosperity and Happiness!

May I ask you to convey the greetings of festive season to all the dear ones of the Family of Mazda scattered throughout the land a Happy Christmas and a year freighted with Vigor, Health and Wealth of mind and body.

We are all well and Happy ever rejoicing in the good success of all the dear ones.

So December brings to us the Blessed Master's Birthday December 19th and right royally shall we hail the day, and remember our unselfish teacher with a token of gratitude by tending our greetings and gifts.



Then comes Christmas. The day put aside to draw our special attention to the fact "tis more blessed to give than to receive."

Then December 24th The Candle Mass with its twelve altars speaking with unmistakable "tongues of fire," giving to each one the advice needed and the opportunity for the dear ones to lay on the altar our hearts longings coupled with our offerings in "kind."

Then on the last day of December we look forward to Sylvester night and we think of the beautiful fire service "held by the Mazdaznan family these thousands of years" and the way the good spirit speaks to the family of Mazda through its Royal Tie of Spiritual Relationship.

These services mean so much to us all, indeed they are means for growth and unfoldment to the thoughtful ones.

Then comes New Year with its lengthening of days ever reminding us, we are here for a purpose, to make new Resolutions and to keep them.

Yes! Noble Mother we must have more love for life, more love for the perpetuity of our existence, more love for that ever Creative Master-Thought that controls all things for our good.

The dear ones of the Mount Royal Family are growing and did they know I was writing, they would join me in wishing you, Peace, Health and Prosperity unto Perfection. Devotedly—

HOOVER MALLETT.
Montreal, Canada.

JUDGE FINES ELBERT HUBBARD

"**B**UFFALO, N. Y., Jan. 11.—Elbert Hubbard, indicted on six counts for sending immoral matter through the mails, pleaded guilty before Judge Hazel today. He was fined \$100 on one count. Sentence will be suspended during good behavior on the other counts."



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"KNOW THYSELF"

The Soul that heeds the tumult,
That ripens in the Quest,
Finds Peace in climbing upwards
To the Mountain-tops of Rest;

But only when the River
And Valley have been pass'd,
Does each Rock and Flower live'th
In the memory, fond and fast;

For Love that leadest onward
Also joins the lives behind,
Linking Man with Man forever
In the 'Harmony of Kind.'

The thought that future children
Must not have the right to say,
"In ignorance did our parents
Give birth, but us to slay:"

Makes the Pilgrim look within
As he hearkens in the Stillness,
To the voice that whispers low,
Man—"Know Thyself."

—GUROMANO.



APHORISMS

We are an elect people, a people of God.

Every man is a king: every woman a queen.

Man is the crown of all, the sum and substance of everything.

“Let Thy kingdom come”—here where I am.
‘Let Thy will be done’—here on this earth.

Be free. Be free as Jesus. He said: “I live
ye shall live also.”

Maybe God wants to find out if we will be true
to Him—this All-Knowing God!

We are human beings, endowed with all the
attributes of God. We are the polarization
of God and Nature. To us everything is
possible.

Man is the polarization of Infinite Intelligence
and of all the energies and intelligences
that make up the worlds of infinite space;
man is the microcosm of the macrocosm.

Jesus said: “Ye are God and gods.” “Know
ye not that ye are the temples of the
Living God.” God is not a God of the
dead, but of the living. God will not live
in temples made with hands.

—Prof. J. A. JOHNSON.



HINTS OF THE SEASON

BY HIS EMINENCY REV. DR. O. Z. HANISH

ON Fasting Days take a quick hot bath and immediately sponge body with hot vinegar.

APPLES with oranges will prove cooling and nutritious.

ABSOLUTELY discard all baking powders and sodas during Lent.

AVOID all salt with your food. Use wood ashes instead, occasionally a pinch of sulphur and a dash of saltpeter.

A STALK of rhubarb (pie-plant) is sufficient at a meal to insure the desired effect. Should be eaten before meals.

OIL the body frequently with fine almond, cocoa, poppy, peanut, sunflower, sesame or olive oil.

FASTING during Lent Season will prove more beneficial than at any other time of the year.

COFFEE and tea should be discarded as drinks with meals and only used as a tonic in cases of emergency.



TAKE a straight back chair; turn it over; kneel on lower round; touch top of back with chin. will give steady nerves.

USE unfermented bread during Lent, matzos, doughnuts, and breadstuffs cooked in ashes. Where it is impossible to do that, sprinkle ashes on bread.

BARKS, roots and flowers may be chewed in small quantities without any steeping. The results are beneficial where a person gives them a trial for twenty-one days.

GIVE yourself a good wood-ash bath and begin to take internally daily a pinch of wood ashes to purify the body and beautify the skin.

DRINKING of cold water during this and next month will be found to be very beneficial, but there should be no drinks with meals at all. If drink you must, do so an hour before meals or three hours after.

ALL oils will have to be boiled over a slow fire, with one onion to the quart of oil, to redeem oil to its virtue. All dishes made from oil thus treated will prove more digestible and curative, especially if used with lemon juice.



BUTTER is now of no value unless clarified. To do so cook butter over slow fire and remove all the skum. When clear put up in jars.

ALL fresh greens or roots should be used as the first course at mealtime, as all salads should precede the meals. In many instances the salad alone will suffice.

FOR weak stomach use whites of two eggs, well beaten, and add the juice of one-half lemon. Take on empty stomach daily for ten days.

LENT offers many opportunities for short and longer fasts. Never mind a little unpleasant experience. It is Nature's revenge for our good.

PINEAPPLES are in season for weak stomachs; take one teaspoon juice on empty stomach and before each meal, also after meals, for 10 days.

DURING Lent give to children and take yourself for three days out of every ten one-half teaspoonful of Zedvar (wormseed) in one teaspoonful of syrup.



SOUTHERN tomatoes stuffed with fresh asparagus tips will prove of great value to the kidney and bladder sufferer. Poached eggs on toast may be used as a side dish.

PULSES are used during Lenten season in small quantities to stir up the system, and if purgatives are added in form of herbs, the system adjusts itself readily to the changes of the season.

CHEESE should not be used during Lent unless it be plain cottage cheese, and such cheese should be used alternatively with onion tops, shives, parsley, watercress or other greens.

TO improve the skin sponge with hot vinegar and rain water in equal quantities; after drying apply wood ashes and rub on with a little Almond oil. Do this before retiring and bathe in the morning, or vice versa.

CORN, rye and oats are not to be used during Lent. Confine yourself to wheat and barley. Grind wheat fresh at mealtime and sprinkle two tablespoonfuls of the whole wheat flour to each half pint of boiling water. With cream will make a fine dish; without cream will be better for the system.



EAT very little food. Let your menu be a simple fare. Use largely salads made from water-cress, lettuce, radish tops, radishes, dandelion, endive, rhubarb, spinach, calamus, mustard leaves, violets, beet tops and, in fact, any leaf, vegetable or rootlet.

WALKING on fresh-fallen snow or wading thru a raindrenched meadow for a few minutes every day, a run for half a mile thereafter, then rubbing the feet vigorously, and lastly a simple meal, will do much in eradicating physical errors.

If you do not take a fast during Lent, take it in Passion Week, anyway. Purge the body with bitter herbs. Take plenty of hot baths. If you wish to resurrect with the season take from one to three dips in a running stream. If not convenient, then take your dip in a tub filled to the brim, letting the water flow in and out continuously.

WHEN taking a hot cup of tea or drink of any kind for curative purposes, make it a point to breathe in fully and take a swallow of the hot drink *on the breath*; then breathe out slowly and to the limit before taking another breath, and with it a sip *on the breath*. In the first place you can take a hotter sip, and secondly, you will derive immediate results.



STACCATO breath — Lengthen the breath and control the outbreathing, thoughtfully, exhaling a staccato, or with abbreviated intervals, that outbreath may be lengthened to the utmost, yet without effort. A few well directed breaths when working outdoors or when work grows monotonous will recreate and quicken vital and mental organs. Breathe with consideration, use no force, but direct all motive powers of the mind, and ere another month shall usher in, your light of understanding will sprout like snowbells.

SUFFERERS should remember that this is the season of eradicating liver and blood troubles as well as stomach complaints. Grapefruit, oranges and lemons are most valuable agents, but require a little knowledge in using just the right quantity, which knowledge comes to one if abstaining from prepared foods, stilling one's hunger largely on raw grains, coarsely ground or rolled, or toasted meals, cutting out bread and triscuit entirely for a month or two. Butter should not be used with cereals, and if using vegetables they should be raw and grated. Instead of salt use for six weeks or more alternately finely ground sage, orris root, sarsaparrilla, charred ash, powdered violet and rose leaves, cayenne pepper, anise, celery seed and other aromatics. All of the above should be used in quantities equal to that of salt.



LENTEN MENUS

LUNCHEONS OR BREAKFASTS

MONDAY

Pamplemousse
Boiled Rice and Egg Omelet with Spanish Sauce

TUESDAY

Stewed Prunes
Steamed Barley with Brown Gravy

WEDNESDAY

Pineapple Juice
Whole Wheat Gruel **Poached Eggs on Toast**

THURSDAY

Oranges
Rice Croquettes with Tomato Sauce

FRIDAY

Fast **Day**

SATURDAY

Grated Apples, Pine Nuts and Cream
Steamed Whole Wheat with Cream Gravy

SUNDAY

Mashed Bananas with Whipped Cream
Broiled Eggs on Rice **Hot Toast**



DINNERS

MONDAY

Fresh Tomatoes on Lettuce Mayonnaise Dressing
Baked Sweet Potatoes with Brown Gravy
New Red Beets (boiled)

TUESDAY

Cooked Spinach with French Dressing
Rice Patties with Horse Radish Gravy
New String Beans

WEDNESDAY

Vegetable Combination Salad Mayonnaise Dressing
Spaghetti with Italian Sauce
Stewed Prunes

THURSDAY

Grape Fruit Salad
Baked Barley with Brown Wine Sauce
Sweet Corn

FRIDAY

Fast Day

SATURDAY

Asparagus Tips on Lettuce Mayonnaise Dressing
Baked Vegetables and Brown gravy

SUNDAY

Pineapple and Orange Salad
Artichokes with Cream Gravy on Toast.
French Peas.



FRUIT AND VEGETABLE SALADS

Suitable for Lent

TAKE the golden leaves of head Lettuce to garnish salad dish; cut up Grape Fruit in small pieces, removing skin and seeds, and place in center of salad dish. Serve on dainty plates with Mayonnaise Dressing.

PARE nice sweet Oranges and Bananas, cut both in dice shape in alternate layers in fruit dish, pour over one half cup of Orange juice and a half pint of whipped cream. Should be eaten at once.

PARE sweet oranges and shred fine. Grate apples and serve in fruit dishes with spoonful of shredded orange pulp in center with Golden Dressing. Lemon juice may be served instead of Salad Dressing, if preferred, with fruit salads.

PINEAPPLE, Oranges, Grape Fruit and White Grapes, carefully prepare and seed, serve in individual plates on dainty crisp lettuce leaves with Whipped Cream Dressing. Garnish each plate by placing Mareschino cherry on top of whipped cream.

LETTUCE, Tomatoes, Cucumber, Onion and Celery sliced and arranged artistically on individual plates, makes a delicious salad. Serve with French Dressing.

RICE, Wheat or Barley, may be baked instead of cooked and is much more palatable. A common Bake Bean Pot may be used for the purpose.

Dried Green Peas, Lentels, Lima Beans, Etc., are excellent baked. Prepare them same as Baked Beans. Serve with tomato or spanish sauce. Recipes for sauces given in previous numbers.



HORSERADDISH Cream Gravy is made by making plain cream gravy adding a tablespoonful of freshly grated Horseraddish.

LENTEN REGIME

MAZDAZNAN look forward to the Lenten season with great anticipations, realizing as they do, the wonderful benefit to be derived from a self-imposed and self-restricted regime that embraces diet, light fasting, reinforced by concentration exercises and rhythmic breathing.

For six weeks we observe strictly our diet, making it as eliminating in its nature as far as possible. This requires, whether a vegetable or fruit diet, that we partake of these in their natural state, thus the life-giving substance contained in them imparts new energy and vitality to the body, aiding nature to throw off and eliminate the accumulated poisons, acids, etc.

A Lenten Regime scientifically observed becomes a powerful absolver of sickness and disease. All ailments disappear as does "the mist before the rising sun:" the brain becomes clearer, the mind brighter; while with each passing day the body grows more agile, free and light.



THE FIFTEENTH GAHANBAR

THE Last General Gahanbar held at Chicago December 23rd, to January 6th 1913 has passed, but in the memory of the favored ones it will live on and on, never to be forgotten.

When the invitation came we were promised a quiet and peaceful Gahanbar and that the key to all perplexing problems would be given: therefore only to be divulged to the specially "chosen;" and so it was as promised. Those who journeyed thousands of miles, crossing mountains, oceans and continents to attend, can affirm this, for all agreed that never had there been such a Gahanbar; and that the heart, the mind, the soul, could not at this time have desired or asked for more than was given. Each session was more wonderful than the last; each Service, more sublime, each Communion, more Holy. It was the "Gahanbar of the Eleventh Hour," therefore the best. Only in the glorious dawn, soon to be ushered in, can we expect a greater Realization.

Even the weather was superb. Never, we were told, had Chicago experienced at that Season, such mild and beautiful days or such lovely moonlight nights. It was extraordinarily delightful; so much so that some said, "Why not advertise Chicago as a Winter Resort?"



The Temple looked beautiful and homelike and the Altar and Sanctuary was a bower of palms. The Master was radiant; more youthful in appearance than ever; and throughout all was harmony and happiness without a disturbing element.

The true Christmas and Holiday feeling was in everyone's heart and grew stronger each day. Even the Programme which was in production a masterpiece of artistic simplicity, was bright with green and holly. Was there ever before conceived, could there ever be imagined, such a Programme? Again we would say, "Ask the delegates," and if this is not possible read it, not only between the lines, but within the words and you who know Mazdaznan, will understand. The written word cannot express the wealth, the knowledge, the understanding and the wisdom that was given, practically without limitation. It was the Truth, natural, practical and scientific, out of the "storehouse of the Infinite."

In the Opening Address at the Reception held the first evening, the Master bespoke the joy each felt at again assembling in the "House of Mazda" and in meeting together once more. Such a Royal Welcome as was given made all feel the "Tie that binds," and was a foretaste of the glorious days that followed. It was short and to the point. A family, such as Mazdaznan, required no lengthy Greetings, as would be given in other Conferences. Such



were self understood. No introductions were needed: all were at Home and formality was to be lost in cordiality.

Our Initial Lesson began at "Morning Prayer," December 24th at seven o'clock: a very complete talk on the Power of Breath being inimitably given. The remarkable physical, intellectual and spiritual benefits which could be obtained by simple exercises, done with concentration on the breath, was explained as demonstrated by the "Wise" from the earliest times. In Ancient Days and particularly in Egypt a thorough study of Nature was made and the Health-actions of the Zoological kingdom experimented on. Through the scientific and animate observation properly applied, it was discovered after tests, that all the ills of man were remedial and could, by certain "Postures" faithfully performed, be overcome and cured. With the object and purpose of closer concentration, specimens of as many different kind of animals as possible, were collected. Instead of putting them in charge of ignorant keepers, as in our day, the service of the most intellectual men were used, usually the Priests, so that Man might through Nature, study, realize and reach the highest understanding. Twelve weeks at longest was the time set for complete recreation; and failure to secure Health, was considered impossible, if instructions were followed. These "Egyptian Postures" constituted our early



morning work and were taken daily. If nothing else had been given, the knowledge of these beneficial and simple practices would have more than repaid one for any time, trouble or sacrifice made to be present. The results therefrom are simply extraordinary. The "secret" is in the clenching of the fists and placement of fingers. The recent Arbor Archaeological Expedition had refound these "Exercises" and one of the party had prepared them for publication, but so far they have not been printed as Governmental Authority had, it is said, suppressed them, "because" the people were not ready for such truths—would know too much if they had them, and the medical profession, as at present, might find themselves without patients. Such is the Age we live in. O Tempora: O Mores!

Singing on the abdominal, chest and diaphragmatic breath, with back and front teeth clenched and with open mouth, were daily practiced, demonstrating beyond a doubt the individual profit possible of attainment thereby. As was shown, Sound or Vibration, is the "Bridge" to development and therefore *"Breath is Life."*

The "Eve of the Messiah" was the impression perhaps of all impressions with that of Christmas, because among the earliest that still sways our Gahanbar memories. Each and every Altar was lighted. The true History of Christ was briefly related and what His Birth



and Life, then and now meant, was clearly deduced. He was the Child of Thought and Promise, and the true Savior of His own. Individual Freedom in the Oneness of God, was His Mission. How had He been received and how was He accepted and His Teachings lived today? That was the Question! Did the "Christian world" apply Him in their daily life? If not, why call themselves Christians? His Message, this coming year, would be realized more than ever before, because its Truth, in calamity, would be forced upon the unthinking people. Meanwhile, they could dwell with equanimity, if they so wished, for the fact is that the Government at Washington had decreed and legalized out of existence such a place as Hell. The Devil thus might now be safely set free, free to perform his part. Therefore he *was* free. But the Authorities had omitted to state what had become, if there was "no hell," of the thousands of unbaptized Babes who had failed to live long enough to receive a name and therefore had lost "Salvation" and a burial among the "saved." Well may we ask, "where dwellest their Christ and what chance has a Nation so governed?" For the world living without true Thought or Understanding must destroy itself! These are the "Days of Culmination," when the serious things of life are made light of, and the frivolous considered important factors. "Armageddon" is upon us: "The



Reaping of the Whirlwind," "The Angel is standing in the Sun" and "The Kingdom of the world is to become the Kingdom of Christ;" for the Time is at hand! Religion, Philosophy and even Sociology has failed to make Man know the Truth.

On Christmas Day the Life of Christ, the Pontificate and the Mysteries of His Birth and the Angel's Song were made plain. The arrival of the Magi, their great attainments and initiation were described, and the puzzlement of the Jewish Doctors, at their wisdom, remarked upon. We were told of the "Three Weeks of Initiations" held in the East at Christmas time, the "Season's New Birth: what was meant by the "Star of Bethlehem" (Bet-il E lo him) and of the Thirty-three Degrees taken by the Savior, including the "Sentinels," the "Outer Watch" and the "Inner Court." This Service was most illuminating; the words of wisdom, prophecy and love touching every heart, filling each with hope and gratitude. The music, both instrumental and vocal, was most devotional and inspiring. The richness of the Robes worn, the rare deep coloring of the Altar and Auditorium, its ornamentations, floral decorations, and the exquisite carpeting, blended in a scene most picturesque and holy. Truly beautiful and significant was the passing of the "Loving Communion Cup" on that occasion, and the repeating of:



*"Unto us a Child is born
Unto us a Savior is given
Oh, how wonderful!
And He — even He—
My Counselor unto Freedom;"*

for like David of Old, all felt "Our Cup runneth over."

At the "Candlemas" in the evening the same atmosphere prevailed. This Old and Ancient Custom, with the "Offerings of Donations" was briefly reviewed.

One of the happiest events was the "Solemnization" of Miss Bessie S. Clements and Mr. Bruno Groeschke and Miss Minnie V. Clements and Dr. Wm. Freeman Havard on the evening of December 26th. The Sanctuary was brilliantly decorated and lighted so that with Bridal-array of the Guests, it would be difficult to imagine a more beautiful spectacle. Great Blessings were showered on the Participants, the Covenant for such occasions being repeated by the whole Congregation. The "Weaving of the Thread" and the "Decision of the Flame" were most interesting and as it should be, the Woman was given the "last word" of authority.

"Glory to God in the highest, Peace on Earth, Good-will to Man!" —GUROMANO.

(To be continued next month)



LOYALTY

An organization exists primarily for the benefit of its members, rather than the members for the benefit of the organization, yet this does not void the fact that the Order is entitled to the love and support of its members in the same degree as is its helpfulness to them. In most Orders the members "belong" to the Order, the individual being submerged, accepting the rule of authority that he has no right to think outside of the lines laid down for him. The consequence is a development of narrow sectarianism and intolerance of all that is without the sacred lines of that Order.

There are other Orders which deal with principles so broad that they cannot be confined by any known limitation of human thought. Such Orders are not for the "narrow headed," but for minds that possess both breadth and depth. Both varieties of Orders flourish among us, and have flourished for ages. Both varieties are needed, there are those of the human race who have to be drivers, just as there are those who are capable of being led by reason.

Mazdaznan represents height, breadth and depth of thought. It has ever promulgated the doctrine of the individual. It has sown broadcast the root principles of life, desiring only to help the individual member to knowledge of himself. Some have sipped of its



waters and turned away, some have drank deeply. Some have benefited in a few ways, but others have absorbed stores of knowledge vaster than they even dreamed was possible when they first approached Mazdaznan. The "saturation point" has varied, and must vary, according to the student, but each student owes allegiance to the Order in exact ration to the benefits he has gained.

Those who drop out always have an excuse for doing so, but the fact is the same with all—they have reached their "saturation point;" they have absorbed to their capacity. All of us have our own "saturation point." In process of time we also may be seeking an excuse—unless we learn to increase our capacity. At any given moment each of us has a "fixed" limit of attainment, but because of the use we make of our opportunities that limit is contracted or enlarged in the moment which follows.

Let one go back in thought to childhood days, to adolescence, to maturity, to middle age and recall the ideals that marked the various mileposts, and he will see that his horizon has been continuously broadening, his perspective increasing, his "saturation point" advancing—all of this progress being due to thought and to the acts which followed. With many this growth is natural. But it is possible by consciously training the mind to choose and win whatever goal may be desired.



It is an obvious fact that a bucket filled with water cannot hold any more without first displacing some of its present contents. So it is held in occultism that when your bucket is full you must spill some out before you can pour more in. You must pass your learning on to others, giving freely to all who seek. It is simple! Reverence, respect and devotion to the great Order which you have already gleaned will advance your "saturation point" so that you can work more and more. Devotion to the Order and demand for self-growth are not in themselves sufficient, but you must make room for further knowledge by giving freely.

Mazdaznan has yielded countless benefits to those who have been faithful to it, yet it has dealt mainly with merely the material phase of life. None of the members has yet gained the full need of benefits in this one field, though the "buckets" of many are full. Spill out that which you have, that your "buckets" may refill from the primal source; that your "saturation points" may advance; that you may be filled again and again to overflowing. For when the fulness of earth's knowledge is garnered, one has but just reached the point where he may enter upon higher knowledge and learn from higher worlds. Be thorough in loyalty, in love and in devotion.

—Prof. JOHNSON.



PRINCESS VIROQUA

JANUARY 29, 1913, our much beloved Princess Viroqua passed away while at Brantford, Ontario Canada. In 1900 she heard of the Mazdaznan Message and after one heated debate with the Master, she surrendered and embraced the Truth. A few months later she called on the Master, while stopping at her friend's, Mrs. Wolff, in Englewood, confiding to him that she was troubled with a malignant cancer. Exercise and prayer removed the cancer. In the spring of 1902 while on a lecture tour through the Eastern States, the Princess met an accident. She was not to recover and word to that effect reached the Master from the attending physicians. The Master asked the Princess to come to Chicago. The physicians prophesied sure death if she dared to move; in fact the hospital physician himself telegraphed that her end was near. But when the Princess heard the Master bid her come, she rose in her grand determination and went to Chicago, where she was met at the depot by her friends. After two days treatment she dropped her crutches and shortly after gained better health than she had ever enjoyed. For years she lectured about the country. Feeling her life's work finished she retired to Brantford, Canada, a few years ago. Two weeks previous to her departure, she notified the Master that although she was



beseached to stay, she felt her time approaching, giving the date of her departure, and was preparing to go to the spiritual hunting grounds. She was widely known among members of the Independent Order of Foresters, among whom she was actively engaged, an Order founded by her brother, the Dr. Oreonthayka. Her body is resting from its labors, while their Spirit continues to live in our memory.

PROSTITUTION OF THE HIGH AND HOLY

TO many the bodily house-cleansing process is not only distasteful and irksome but is actually painful. They would gladly pay big sums of money, could they procure someone to do the work for them. They come and hear the *word of life*, but fail to exercise sufficient will-power to take up the work actively enough to yield them individual results. They seem to be self psychologized into a delusive state of mind that borders on mental inertia. They belong to the class that are ever seeking but never finding; ever hoping but never realizing; ever aspiring but never attaining. It is pitiable to see them going here, there and everywhere, year in and



year out, and at the end of each year, instead of gaining ground, they actually show visible signs of disintegration. These poor creatures will spin off mental and spiritual philosophy "by the yard." They will tell you that "God is life;" "God is love;" and all you have to do is make your "claim" and draw anything you wish out of the "infinite." If you are not successful, they offer to "demonstrate it out of the infinite" for you. In that case you pay them for each "demonstration," a sum of money bordering all the way from one to ten dollars:—And thus it is that "Fools rush in where Angels would fear to tread," realizing not that it was this self-same abuse of mental and spiritual powers and forces that caused continents to be submerged, others, to be engulfed and still others to be deluged. It was the materialization of the high and holy gifts of the Spirit, that caused the destruction by earthquake of our modern cities; and the end is not yet: those "trafficing" in the sacred things of the Most High, have indeed run the very limit of their gauntlet, and these "highway robbers" of the Treasure-house of God, will soon be called to give an account of their stewardship. God has indeed endowed us with infinite gifts, talents, attributes and powers and woe betide us if we prostitute them for material or selfish ends.



PROPHETIC PROPHESYING

A Prophet is one who is taught of God—one unto whom the Spirit reveals all things.

There is no true prophesying without illumination, and *such* is impossible except to the self-centered.

The trend of evolution is ever toward centralization: the harmonizing of nature's infinite variations and gradations.

Seek not the divination of a strange spirit; ask thy own Spirit to enlighten Thee.

Beware of strange spirits, for they, with much flattery, beguile. They are the speakers of lies; they are the deceivers who set a trap for the feet of the unwary, who lay snares for the faithful and dig pitfalls for the innocent to stumble therein.

Jesus, standing with the "mantle" of prophecy upon Him, reiterated the words of prophecy foretold by Daniel, i. e. of the world's adulterous and materialistic overthrow. The prediction, whereby that end was to be known, He described as the "abomination of desolation standing in the holy place."

Even in this day and unto this generation, the Lord has sent a Prophet of Prophets, to declare "That the time is at hand;" and this Prophet has and is sounding the "word of warning" unto the Elect. "Let them that have ears, *hear*, while they flee to the Mount of Holy Living.



THE PEARLS OF AINYAHITA

MOST wonderful Book ever published is now nearing completion. A very limited number of the de luxe edition is published at twenty-five dollars per copy. This means to those who wish to become the possessors of this priceless gem, *now or never*.

There was never such a treasury of Art, Song and Beauty embraced in one volume before. Here we find real knowledge blended with pure Wisdom — Science, Philosophy, Sociology and Religion combined unto one common end. Here is found symbolism and its interpretation explained in one sentence and the mysterious problems of life made so plain, that even a child may understand. The fundamental truths pertaining to all planes of evolution, creation, growth and development, from the very cradle of civilization to the present time, are revealed. Well may Ainyahita, this spontaneous being, be called the "Fountain of Wisdom."

In the "Pearls of Ainyahita" we find a grand compendium of the higher symphonies of life revealed through her prayers, songs, laud and praise. Her all-luminous mind and transparent intuition made her the conscious plenipotentiary of the Most High. Beautiful as an Angel, bright as the Morning Star, fresh as the Dew of Heaven, was Ainyahita, Pearl of the Heavens and Diadem of the Earth.



SOLD OUT

MANY of the world's, Great, are men and women who have "sold out"—men who know the Truth, have seen the Vision, heard the Voice, felt the Infinite Touch, have the Ideal, even walked the Way, ascending almost to the mountain tops; but eventually have compromised their "sold out." Is not this the pathetic fact of history, of theology, science, philosophy and yes, even sociology. Let him who thinketh he standeth, indeed, take heed. Rarely has the individual been able to withstand the assaults that are always made on the "outstanding" man or woman. Do good, live the Life of Regeneration and you immediately become the target of all evil minds. Is this not so? Have you personally tried it, and stood?

First, finding the soul-life and its illumination, the perfect joyous realizations are happy. Then, that you stand apart, that the Paths of Glory literally do lead to the graves of all things old, that trials and tribulations crowd you in on every side, that you are a stranger even to your own and that it is easier, much easier, to go with the tide though it flows you know not where, the Simple Life is, you find, anything but simple: the Perfect Life a weary, bitter way! Is it, you ask, *worth while*? Why should I have to endure the world's persecutions, ridicule, its ostracism? No



wonder that man, when not filled with the Light from on High, falters, stumbles and falls. There are few "Jobs." Was not his experience that of the truly saintly; and surely it was something more than an allegory?

Usually the financial situation is the chief cause of desertion. We have either too much or too little! The first, "how indeed shall the rich enter the Kingdom of Heaven;" the latter, "the dread of want," to all but the truly evolved, is the insurmountable barrier. For if in the world and yet not of the world, how can our business prosper? Thus, as God and Mammon cannot be served at the same time, the majority of mankind choose the "golden casket" and may be placarded "Sold-Out." They may even have struggled hard, desired above all things to be numbered among the Elect, but listening to the tempter, they yield "some day" and say they will surely re-enter the "Gates;" but meanwhile they postpone the hour and take a chance with Salvation. They will perchance continue to think, write and act to all appearance the God-Life, but in their hearts, they know they are traveling the uncertain roadway, rather than the Narrow Way—and it is "wormwood" to them.

But to Him that perseveres; to Him that overcometh, truly the yoke is easy and the burden light. These too have "Sold Out"—but to God; and the Peace that passeth all understanding is theirs. Let the "Elect" ever re-



member in the words of the Master that "All trials are but lessons of the great continuous Life of God," and that "Every loss means a gain."
—GUROMANO.

ANNOUNCEMENTS

PROFESSOR Johnson's very excellent synopsis of "Mazdaznan" has been put up in Booklet form and makes a splendid treatise for beginners. Several thousand copies have been printed and are being sold for the mere cost of material and printing, five cents per copy.

Every Center will want at least one hundred copies for careful distribution (over one thousand copies have already been spoken for.)

A FEW bound volumes of Mazdaznan of the years 1905-6-7-8-9-10 at \$5 a copy while they last. Wanted copies of the years 1902-3-4.

MAZDAZNAN PRESS

3016-18 Lake Park Ave., Chicago Illinios.

A NEW lot of "Mazdaznan" stationery is now ready and orders that have been waiting, will receive prompt attention.



COMMUNION OF SAINTS

LOVE redeemeth; Love lifteth up; Love enlighteneth; Love advanceth Souls.

LOVE dissolveth not, neither forgetteth; for she is of God and hath everlasting remembrance.

BEHOLD, Love is a ransome and the tears thereof are prayers.

As the Love of Christ has power with the Elect, so hath power in its degree, the Love of a man for his friend.

O SOUL, thou art mighty if a child of God love thee. Better is thy portion than the portions of Kings whom the curse of the oppressed pursueth.

LOVE is strong to redeem and to advance a Soul.

LOVE shall not return to thee empty: according to the greatness of her degree, she shall accomplish thy will.

COUNT not that love lost which is spent on behalf of suffering souls; for every cry is a prayer and all prayer is power.

THY prayer is accomplished as thy intention is united to the will of Divine Love.

LOVE alone redeemeth and Love hath nothing of her own.

A Z D A Z N A

(Master Thought)
 AND THE
M MESSENGER N

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INVOCATION

Thus says Mazda to one of His prophets:
The Sun is thy Supporter; him have I commanded to aid
Thee ! Do thou therefore pray unto him in this wise:
In the name of Almighty Mazda thou rejoicest in the
living Intelligence, the Everlasting of Lights!
Most resplendent of Beings and amplest of Stars!
Praise be unto thee, and the Grace of Mazda and His
Blessings!

O thou most Mighty Diffuser of Light, Ever-revolving,
most Blest, who derivest thy Splendor from thy
Creator,

Who created thee without substance or time,
Revolving in the abundant Love of the greatness of Thy
Creator;

In the Circle of thy Sphere, which is without rent, which
neither assumeth a new shape nor putteth off an
old one, nor taketh a straight course,

Thou, O Sun! Art powerful in thy blaze, glorious in
thy luster, the disburser of darkness:

Head of the World, King of the Stars,

Mightest of Beings above!

Maker of the day, according to the commands of the
Most High!

Protector of the great lights that have bodies!

May the Supreme Yezdan enlarge thy bright and glori-
ous body.

O Intelligent and Wise—wides-preading, greatest of the
pure Workers of the brilliant Lights,

Lieutenant of the Lights in the world of bodies,

Thy light most of all approximateth the Light of His Majesty!

That is, the Majesty of God, the expression referring to His Attribute of Light of Lights,

Thou art a Symbol of His Greatness;

A Sample from among the Samples of His Lustre;

Thou art a proof of Him upon His Servants:

Of Him who hath bestowed on thee thy light over bodies when thou illuminates them;

And of Him who blesseth thee,

By the Power of Yezdan thou hast become blest: thou pourest out thy light on the Stars

And thou takest not from them the garment of Splendor and Light!

Mighty is He who traced out thy form and kindled thy lustre,

Who maketh thee revolve in the Love of His Majesty,

Who gave thee a station in the fourth heaven,

And Maketh thee abide in the midst of perfect order!

I ask of Thee, O Father and Lord of Grandeur,

Lord of Heat, Author of the powers of the senses,

Cause of whatever is produced anew and Creator of the seasons:

To ask through the medium of thy active soul which beameth with glory,

From thy Creator and the object of thy Love,

The Origin of thy motion, Him whose shadow and talisman thou art,

And from all the majestic and glorious Lights which are free Intelligences;

That they may ask a wish suited to the eternal world, which is pure, free from novelty and change,

Of their Father and Lord, their Creator
The nearest Lights, the most glorious of created Beings,
and first;
That he would ask, in this sort, of the Being worthy to
be praised of him and worthy to be worshiped by
those who are themselves worthy to receive
worship;
The Final Limit of causes, the Lord that giveth union
to Worlds;
The Limit and Establisher of all
Light of Lights ! Worthy of the adoration of every In-
telligence, Soul and Body, whether celestial or ma-
terial, compounded or simple,
Most Perfect in combining,
The only Mazdaznan, Self-existent, whose Sovereignty
is Majestic!
That he would illuminate my Soul with pure light, ador-
able Knowledge, and lofty Excellence;
And make me one of those nigh unto him, who are filled
with His love;
And guard me from all miseries whether Soul or Body;
And give unto me glory, as unto the Band of Light and
Brightness;
And bless and sanctify them and us forever. Amen.

AMEN is a word used when one
wishes to sanction the praise and bless-
ing bestowed on the worthy.

In the Name of the Almighty

MAZDA.

Bombay, India.

D. J. Sonavalla.

Mazdaznan

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April 1913

GREETINGS

*Unto the Associates of our Lord God Mazda,
Greeting and Salutation: Hail! Ten Thou-
sand Times Hail, to One and All!*

In the presence of this holy season, may we rise to the sublime standard of a yet loftier measure, that the genealogy of our divine birth-right may enlarge its scope and vision, and by the all-illuminating light within, reveal the splendors of a most Glorious Resurrection. 'The Kingdom of Heaven is within you!' Then who shall deny that the soul is the treasure—house of God — the kingdom of which man is himself the sole possessor, ruler and king. Rising to this unmistakable recognition, the soul portrays its glorious possibilities and introduces us to the unclouded destinies, we were born to fulfill. All the magnitudes of an integrant humanity are revealed, awaiting the gracious touch of a larger faith to call forth the Hero, Saint and Master.

We bow in adorable obeisance unto all the Illustrious Saints, Sages and Saviors that have gone before us ; and so may we all arise from out of the grave of doubt and despair, of ignorance and superstition, into the light of God's unfading day, where Love and Peace reign forevermore.

With blessings of the season and joys of a most Glorious Resurrection, we are in all devotion.

—Mother Maria.

HINTS OF THE SEASON

CONTINUE to sprinkle foods with all sorts of ground roots, including ginger, sassafras and sarsaparilla.

SHIVES, green onions and parsley for nervously inclined people.

LETTUCE and green onions with two table-spoons of black coffee, used once a day with regular meals, will prove beneficial to those troubled with insomnia.

BREAD sticks, gems, muffins and biscuit are in order (prepared without soda, yeast or baking powder.)

DANDELIONS, watercress, spinach and new beet-tops are now plentifully displayed in all good markets, making it easy to provide salads of all kinds.

MINCED celery, shives, parsley, dandelion, mixed with cottage cheese, will make delicious filling for sandwiches.

EGGs "fresh from the farm" prepared in various appetizing ways, either scrambled lightly, poached, broiled, baked or made into delicate omelettes, are now in season. Omelettes include many different kinds—spanish, french, tomato, vegetable, etc.

MENUS

LUNCHEONS

MONDAY

Vegetable Bouillon

Baked Apples

Bread Sticks

TUESDAY

Puree of Pea

Stewed Prunes

Waffles

WEDNESDAY

Potato Cream Soup

Banana Whip

Wheat Muffins

THURSDAY

Onion Chowder

Grated Apples and Cream

Corn Cakes

FRIDAY

Fast

Day

SATURDAY

Tomato Bisque

Cranberry Sauce

Toasted Rolls

SUNDAY

Coffee and Cream

Rhubarb Sauce

Egg Pancakes

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DINNERS

MONDAY

Fresh Dandelion Salad
Baked Potatoes Creamed Onions

TUESDAY

Raw Heart of Spinach Salad
Lentils, Curried String Beans

WEDNESDAY

Endive Salad
Creamed Lima Beans Stewed Tomatoes

Thursday

Lettuce Salad
Asparagus on Toast Sweet Corn

FRIDAY

Fast Day

SATURDAY

Onion and Cucumber Salad
Boiled Rice Tomato Sauce

SUNDAY

Tomatoes Stuffed with Asparagus Tips
Cream Mashed Potatoes French Peas

THE FIFTEENTH GAHANBAR

(SECOND PART)

AS several of the Delegates had to leave early on December 27th, Master presented "Studies in Evolution" and the "Key to the Solution of Life's Perplexing Problems" on the 26th. This change was much appreciated by the retiring Delegates, for these remarkable lectures revealed many of the great secrets of creation, evolution and life (past, present and future) so essential to the true understanding of Mazdaznan and its purpose. If, as the Master said, "the day of great Poets Musicians, Philosophers, Orators, Sculptors, had passed," we as Mazdaznan followers know that the day of the greatest of Teachers is *now*. For where can one find in person or in pen, such universal qualities; such complete wisdom, understanding and knowledge; such scientific attainments; and such a practical demonstration of the "perfect life" in all its purity, beauty, simplicity and completeness, as is to be found in Mazdaznan and its Leader, the Greatest Order extant, with all the power, wealth and learning accumulated throughout the Ages—the "Order of the Covenanters," the "Men in White Clothing," the "Order of Melchizedek," these have been behind every movement of reform since the dawn of history and whose members have always been the

"Elect of the Earth," the Chief among Nations, with one and the same object—*Peace!* Such is the Truth which will shortly be understood, even by the most ignorant. Is it any wonder then, that we of Mazdaznan "*Hail!*" our Master as the greatest of all Masters. Such a tribute is not a form of idolatry but a recognition.

Mazdaznan people are not easily convinced, believing in no authority except the Authority of Truth and demanding "proof" every time. Mazdaznan bids the "seeker" to come and see for himself, and throws open the door to all, irrespective of race or creed. There is no charge, no obligation, no membership-roll: it is a Family-Circle of those drawn together by ties of relationship in mind and spirit, who wish individually to work out for themselves the solutions of life's problem. Mazdaznan is not a "fad" but the Truth as evolved by the "spirit of the times." What the sage and the philosopher try for in vain (lost in terminology) Mazdaznan explains. No other system of life, reform and education, takes the same scientific means or expresses so clearly, unmistakably, completely, the purpose of existence. It follows the *law and path of nature*, and in our time and gradation, acquaints the student according to the demands made. It can prepare the feast, even the food, before you, but it cannot partake of it for you. Mazdaznan is the "Golden Ladder of Progression," which all, so inclined, may climb.

Such were the thoughts brought out and emphasized by the Gahanbar. We were taught breath, exercise, dietetics, harmony, healing, sociology, philosophy, religion, true scientific living; and all questions asked, were answered. Truly to read our "Declaration of Freedom and Affirmation" will give those not present an idea of the ground covered: by these we stand or fall. Again and again we were shown that there are no mysteries in Truth, though many secrets, and that these should be "pondered in our hearts." That every wrong must be righted and that present conditions had about reached a climax, was many times repeated; and was the underlying text of the Gahanbar. We are to discard any fatuous idea that there is "no vengeance in God" or that "punishment is not His way," but realize how immutable is the working of His law. The wolf-cry of calamity has indeed been often sounded; yes, and the "sun still shines," but so before has come change, and so it will again. Nature must adjust herself, and the extraordinary things that are taking place, are the "events that cast their shadow before." Yet the *wise* are to "Be happy and of good cheer" for naught but *joy* is theirs.

The sublime talks on *Ainyahita*, the Mother of the Aryan Race, and the interpretation of her supreme wisdom, made the hours fly; so that sessions of nearly four hours seemed all too short. She, who not only asked but

answered every question ever thought by the human heart, including "whence, why and whither," was read and expounded in a most satisfying manner. Ainyahita, the reflex of Mazda: soon will her *Pearls* be published in book form, translated from the *Avesta*, an incomparable addition to Mazdaznan and its remarkable library. Then may all judge of her for themselves, and her kith and kin, *know!* Mazdaznan statements to be of value, must be capable of demonstration and thus Ainyahita will speak for herself and us. "Prove all things" originated with her. The Transparent Race as foretold by her was a subject often referred to, filling each one present with wonderment. Lytton's "Coming Race" (great initiate that he was) is but a beautiful shadow to the perfection of the *seventh people* to be ushered in on the "Great Morning," now due according to the Egyptian Pyramids and as described by St. John.

On the evening of the last day of 1912, the Royal Ensign of the United Kingdom of Great Britain and Ireland, specially sent by Brother Dr. Beeler, Mother Elizabeth Ingraham and the Family at London, was blest. All day it had adorned the altar-steps, but during the ceremony it rested at the foot, its silken folds of blue showing its royal and spiritual nature, red its carnal power and white its spirit of justice, purity, leading unto peace. It draped the statues of two miniature elephants, sym-

bolical of majesty and strength. In sublime language the Master told of the noble and satisfactory work of the Mazdaznan Center in the Metropolitan City of the world, and of their desire to have the Standard Banner of that Kingdom and Emblem of its royalty consecrated. Greatly rejoiced were the associates assembled at the good news. All felt the inspiration of the good thought wafted across the seas and the strengthening of the "Tie that binds," cementing the Nations unto one divine purpose. Mother Julia and Mother Adelia, representing the United States and British Empire, respectively, and Brothers Phillips and Gault, the former being the first to open up at this time the Work in England, and the latter as a citizen of the Dominion of Canada, were called upon to impart blessings. The folds of the banner were held besides by Sisters Ruthken and Constance of Lowell, Massachusetts, and by Sister Dr. Zoe Kindig, Jr. of Denver, Colorado. The Master, then asking the wishes of the congregation and receiving their loving and unanimous consent, blest the flag with an eloquence and emotion that stirred each to their innermost being; and must forevermore leave its imprint on the heavenly ethers. Then calling on all with uplifted hands, individually and collectively, blessings were showered on the "Peace Flag." Immediately following this beautiful, eventful Rite, Mother Rosalie presented the "White

Flag with Red Cross of Switzerland" to be blest also. This was at once done and most beautiful reference made to the noble Swiss of the snow-capped mountains, whom of all people, are the most free.

Who present will ever forget Sylvester Bells, the Long Night of 1912 and the Annual Confession, when each arose and said: "Lord, thine own repenteth!" Surely never has the Family of Mazda, since the days of their "first estate," had so much joy *crowded* in upon them as on that glorious night. After the Passing of the Sweets, a charming and delightful custom (time aged), those who wished to be blest and receive the *cord*, assembled before the altar. No word of confession, remission or renunciation asked; no word of promise, vow or resolution requested, only a willing self-ordination, a desire of reunion, between the individual and his God. Great were the blessings vouchsafed according to the spirit of each. One who had traveled specially all the way from Germany to be present was doubly and royally blest. The cords refusing to be separated, two were bestowed upon him, one being for his "beloved," who though absent, was thus remembered. From eternity unto eternity, was the thought sealing this consecration service. Happy indeed should the recipients be; for it is according to this appreciation that the law donates.

At midnight the Oracle for the year 1913

was received. For twenty-two minutes did the *fire* speak—the longest on record. So serious and extraordinary was its *voice*, so calamitous its predictions to the world at large and the United States in particular, that the Master thought it best to curtail greatly its *message*, postponing the full text until later, so that our joyous evening might not be darkened by the great "shadow" of the culmination of the times. But what was told was enough to confirm the inevitable reckoning which all students know and the warning of which has been sounded over and over again, and is now to be heard and seen by all who dare to "face the facts." Roosevelt, Kipling and Wilson say it is the "Day of Armageddon—the Battle of the Lord." Having been prepared and knowing that no harm can come to those who are on the Lord's side, we were not dismayed by the Oracle as given, though none are more sensible of its words, having for years past, proved its revelations true, as can anyone who desires to do so by turning up back Mazdaznan magazines; for all prophecies have made good. Gladly did we say, "The old has passed away, lo and behold, I shall make all things new!" and wished each other: "A Happy New Year!" for happy we were, knowing that patience is at last to be rewarded and hopes long cherished to be realized.

Thus passed, to the Mazdaznan Family, the year 1912 and in holy conference, the new era

of 1913 was born. In introspection we had journeyed centuries back to the years starting with "thirteen" and remembered how with this number epochs of great change were inaugurated. Then from 1813 chief events were rehearsed, until from the beginning of 1912, each season, month, week and even day, were remarked upon and conclusions drawn, until the present moment stood before us in all its reality. How different was our attitude to that of the world, who in feasting, drinking and revelry were thoughtlessly laughing goodbye to a year which had passed in finale all the past, and in boisterous merriment were saluting a new one, which to many would end in anything but gaiety. So much for choice; so much for ignorance; yet we judge not, except in the desire to serve.

At the table of abundance in the early New Year's hour, we cleaned our plates with a happiness beyond words, for all felt the "dawn of the sun-clothed day" and the joy that emanates in the fellowship divine.

A brief reference to the great and generous hospitality of our Blessed Master and the debt of gratitude that our hearts feel but cannot give utterance to, is a wish even though impossible of fulfillment. Such blessings and festivities as were showered upon us, such wisdom, truths, revelations and up-lifting hours, make any attempt at thanks insuperable. Truly only by the up-building of our

characters, by *living the message*, can one's appreciation be shown. With Ainyahita would we humbly say, "May we prove worthy!"

Had any shadow of doubt as to the Truth of Mazdaznan lingered in the heart and mind of the honest doubter, it was dispelled like the morning mists before the glorious rising sun, at this Gahanbar. To have heard the table-talks alone would have convinced, but when solution upon solution, evidence upon evidence and proof upon proof, given and presented in a manner so scientific, rational, natural and lawful—we just *knew* (the only proof positive to the individual.) No wonder tears of the spirit overwhelm, for when infinite meets Infinite, language if attempted is both impossible and unnecessary.

Besides the Master's hospitality, many banquets, receptions and dances were tendered to the delegates. The grand social given by Mother Julia and Daddy Louis at their palatial Mazdaznan Home on the North Side, was a really delightful affair; the music and dancing in the superb ball-room being thoroughly enjoyed by all.

To the "Faculty of the Mazdaznan University" which is destined shortly to be known as the "Last, therefore First, Court of Learning," and to Mother and Daddy Herwig who entertained us so royally, our thanks are also due. And the Wedding Breakfasts of the charming and handsome bridal couples, Mr. and Mrs.

Groeschke and Dr. and Mrs. Havard, given at the Temple are also memories of the most pleasant and lasting nature, long to be remembered, not only for the good things provided, but the beautiful words spoken.

The Dinner of Miss Brauckmann on the night of January 2nd was a remarkable one, in more ways than one. It gave many an opportunity to express their appreciation of our talented Sister and their high admiration of the beautiful and devotional way in which she had conducted the musical part of the program. It was on this evening that the Master gave us one of the most illuminating table-talks—words which pierced our minds, our hearts and our souls, finding therein an ever-growing response and realization, leading unto the Oneness of God. Thus again we knew that Mazdaznan is the *ALL*—not only being the means to, but the *end* itself.

It was with this thought we returned to our respective homes, to live and relive in the memory and atmosphere of the blessed days of the Gahanbar of Gahanbars, and to remember as instructed, each and everyone, wherever situated, until we meet again in the *fullness of time*: *SHI'U - O - HUM!*"

—GUROMANO.

"THE WOMEN OF BIBLE LANDS"

WERE represented on a float in the women's parade at Washington, D. C., March 3, 1913. Madame Lydia M. Von Finkelstein Mountford, of Jerusalem, the World renowned lecturer on Bible Lands, its people and their customs, says on this subject as follows:

There exists a somewhat general impression that the women of Bible Lands, both in ancient and modern times, were kept in a state of seclusion and ignorance, and not permitted to take any part in the questions and activities of public National Life.

That is a mistaken idea. The women who are in "so-called" seclusion are a very small percentage of the women of the country, but all the women, more or less, take an interest in the National Life.

We have many notable examples of prominent public positions being held by women in Bible Lands, of which we will cite a few examples.

Miriam, the sister of Moses the great emancipator of the tribes of Israel and greatest of lawgivers, was a prophetess, and the chief counselor and leader of all the women of Israel. At the triumphal Passage of the Red Sea, Miriam headed the women with song and timbres; the men of Israel marching under the leadership of Moses and the women marching under the leadership of Miriam; cel-

celebrating equally, without distinction of sex, their national deliverance.

Thus we have proof that a "Woman's Parade" is not an innovation of the 'Suffragettes' of this country.

Deborah was a prophetess and also "Judged Israel," and all the children of Israel came to her for "judgment." Barak the general of the armies of Israel refused to go to battle against the king of Canaan unless Deborah headed the army as commander in chief, which she did and won the battle. It is recorded that Deborah had a husband, but it is not recorded, that, because she held position as the Chief Judge in Israel and, as commander in Chief of the army defeated the invader of her country in battle, that she in any manner neglected her domestic duties.

Huldah was a Prophetess and President of the Temple College in Jerusalem. At an important national crisis, Josiah the King of Judah ordered the High Priest and other members of his Cabinet to take counsel with and advice of Huldah, which they did. Huldah was a married woman, and her domestic relations must have been as successful as her public career; otherwise, as an oriental woman, she could not have occupied such an eminent position.

In New Testament times, the famous Evangelist Philip had four daughters, virgins, who were Prophetesses.

To be a Prophetess does not mean to be one

who foretells future events. It means primarily, a public speaker and teacher. Also one who holds a public position both religious and political—one who is consulted by men as well as by women.

These four daughters of Philip the Evangelist, as well as Miriam the sister of Moses and Aaron, were unmarried women, and evidently were as well fitted for public life as the married Prophetesses. We have no record in Bible History that the men of those times regarded these and other notable women as in any way inferior to themselves.

The modern woman of Bible Lands is not by any means so far behind the thought and progress of this century as she is so frequently misrepresented to be. Competent women in Bible Lands never lost their rights to public positions as counselors and leaders among their own people; careers they fill honorably and successfully whether as married or unmarried women up to the present time. These women and all women holding property in real estate have a vote in local affairs; and are now interested in extending such rights to all women, as well as to securing further rights which will place the sexes on an equality in responsibilities and activities.

St. Paul the great Apostle of Bible Lands in his Epistle to the Galatians emphasizes that, to Christians, "There can be no male and female, for ye are all one Man in Christ Jesus."

ON RELIGION BY THE JUDGE

YOU will see from the clear and forcible statements made by President Elliot that religion is a fluent thing and that no religious system at any period of the world contains the final truth about anything; but that religion like everything else which is in existence is subject to the law of change and is either a matter of progress or retrogression dependent upon the intellectual and normal condition of humanity at the given period. I think it a reasonable conclusion that any religion or system of thought, which claims to be the last and best that can be said upon any subject, is an imposition and not worthy of credence.

My idea is that the saved soul is the man or woman who has attained that mental condition where the mind is free and hospitable to the reception of any worthy idea that is presented to it and where it is free from bias or prejudice in favor of or against any respectable proposition. The truth sometimes approaches us in disguise, and if we assume the attitude of hostility to a thought or idea when presented to us simply because it does not accord with our opinions, we make a mistake.

No system of thought either religious, political or scientific, nor any representative of such thought, who claims to have the whole truth, should ever receive our unreserved sanc-

tion or support, because every proposed idea or system of ideas should be thoroughly tried and its reasonableness tested by a fair and honest investigation before giving one's adherence to it. The ocean of truth is infallible and infinite in dimension. The best which has ever been attained by human inquiry and research is simply a knowledge of some of the laws by which things are governed.

The origin, destiny or innate nature of things is beyond the grasp or comprehension of the finite mind, and all proposed religious systems which claim to represent divinity, are mere pretense, and most of them contain a large element of fraud which is transparent when impartially examined.

JUDGE EMMET W BAGBY, PADUCAH, KY.

CARE OF THE FEET

WHAT the roots are to the tree, the feet are to the body. All the nerves of the body converge in the feet or we might say, from the feet the nerves spread to every part of the body like a tree spreads its branches. Much depends upon our feet; they are the navigators of life; upon them depends our ability to move about; and what helpless beings we are, when if for any reason, they become crippled. Yes, the rootage of the body must

be kept *clean, healthy and strong*. We need to rub and oil them, pet and perfume them, even praise and bless them; especially at this season of the year they need to be oiled, rubbed and perfumed with sweet scented boric acid powder. They will reward us for all our attention; for as the nerves of the feet become soothed and and rested, they quickly reflect this same harmonious condition throughout the body.

Persons of harmonious temperaments should compliment each other by attending to one another's feet. The "ceremonial foot-washing" was scientific and thoroughly enjoyed by the Ancients who understood the benefits derived from this ceremony. The water poured upon certain nerve centers induces a rapid, indescribable breath that inspires the whole body with an invigorating thrill, which is, to say the least, very healing in its result.

As we approach the wet season when the feet are exposed to all kinds of unfavorable weather, rain, sleet, slush and snow, it is well upon returning home to remove shoes and stockings and rub the feet well until they glow with warmth. Then put on dry shoes and stockings. The rest and comfort experienced throughout the whole body will more than repay one for time and effort spent.

Jesus taught His disciples the importance of the special ceremony called "feet-washing" and His words still continue to remind us that "If thy feet are clean, the whole body is clean."

THE LINDSAY CASE

IT IS not necessary for us to go into this case as most of our people remember the outrage imposed upon Mrs. E. V. Lindsay and her son during their stay in Chicago, December 1911, an outrage that will go down in history showing the ill-tactics of modern civilization upon an intelligent mother and her only child. The ill manner on the part of Juvenile Court has of course been taken notice of by the Supreme Court to which an appeal had to be made and the unlawful decision of Judge Pickney has been reversed. The decision by the Supreme Court is too lengthy to be reprinted here but any one caring for same may get it through this office. Mrs. Lindsay and her son may go about "freely" we suppose after having been compelled to seek protection first in Canada and later in Germany. The country which bore them had no refuge to offer them. All we say is: who is going to pay for the expenses imposed upon mother and child? Who is going to offer an indemnity to the child for injuries received and for the shock to nerves and mind, a state that will mark the child's life? Who is going to right the wrong to mother, her bleeding heart, her mind in despair? Who is going to give back to them the time and opportunities lost in the meanwhile? Who is going to right the wrong? The Bible says: "Vengeance is mine; I shall repay!"

400,000 YEARS

JUST think of it. Science has made another most astounding discovery. We are supposed to have started 400,000 years ago. Now that is right in keeping with the spirit of the times since with the advance of civilization we have grown from pauperism to the high estate millionaireism where instead of turning the dime before spending it we cash around with thousands. Since the inauguration of the Four Hundred it is quite evident that the extra ciphers add greatly to our prestige.

One thing is admitted in this new discovery viz.: that the line dividing man from beast is *Thought*, a thought that prompts him to discern between good and otherwise, right and indifference. Thought is consequently the factor that comes to man alone, that culminates into speech or transference of thought, making it possible to gain his ends through united efforts. It might have been better if science had said that the line dividing man from beast was *Word*, as it is by the utterance of the Word (Speech) that brings about all the achievements attributed to man. Herein we learn to understand the Scriptures by far better or in a more scientific sense, appreciating Genesis when we read: "And God said, there shall be light;" or according to John, the Evangelist: "In the Beginning (or the Be-

ginning of all things) was *the word* and the word was *with God* and God was *the Word*," adding the words of the Blessed Zarathushtra who separates man from beast through "Good Thought, Good Word, Good Deed."

"THE HAND THAT ROCKS THE CRADLE"

HOW sweet those words do sound in prose and poetry: "The hand that rocks the cradle!" But how differently one's thought current runs when realization stares one in the face, reminding one of the necessity of self-protection, since self-preservation as the first law in nature not only applies to the individual in his individual struggles but also in his struggles for social recognition. The Woman's Parade in Washington and the mistreatment received from ruffians and the attitude taken by the police may be considered a passing phenomena, but the near future will tell what it means to disrespect and insult "the hand that rocks the cradle!" The narrow mind and shallow head may ignore it all, but just suppose it had been *his* mother, *his* sister, *his* sweetheart, *his* wife, that had to stand the insult?

BLESSED THE MAN WHO HAS NO RELATIVES

FOR years and up until recently we have heard our Master say, "Blessed the man who has no relatives." Like many other sayings we have thought it unique, quaint and novel but lately the importance of it has grown upon us and with it the words of Jesus have come to us strongly: "Who is my mother, my brothers, my sisters? Only those who do the will of my Father are my mother, brothers and sisters." There is no doubt but that Jesus too has had his fill from the hands of relatives and preferred those of the spirit above the ties of the blood even though it is said that blood runs thicker than water.

A REVELATION

Given by Count Tolstoy in the autumn of 1910 as published in the Semi-Monthly Magazine Section BOSTON SUNDAY GLOBE, February 23, 1912.

THIS IS a revelation of events of a universal character, which must shortly come to pass. Their spiritual outlines are now before my eyes. I see floating upon the surface of the sea of human fate the huge silhouette of a nude woman. She is—with her beauty, her poise, her smile, her jewels—a super-Venus. Nations rush madly after her, each of them eager to attract her especially. But she, like an eternal courtesan, flirts with all. In her hair-ornament of diamonds and

rubies is engraved her name: "Commercialism." As alluring and bewitching as she seems, much destruction and agony follows in her wake. Her breath, reeking of sordid transactions, her voice of metallic character like gold, and her look of greed are so much poison to the nations who fall victims to her charms. And behold, she has three gigantic arms with three torches of universal corruption in her hand.

The first torch represents the *flame of war*, that the beautiful courtesan carries from city to city and country to country. Patriotism answers with flashes of honest flame, but the end is roar of guns and musketry.

"The second torch bears the *flame of bigotry and hypocrisy*. It lights the lamps only in temples and on the altars of sacred institutions. It carries the seed of falsity and fanaticism. It kindles the minds that are still in the cradles and follows them to their graves.

"The third torch is that of *the law, that dangerous foundation of all unauthentic traditions*, which first does its fatal work in the family, then sweeps through the larger worlds of literature, art and statesmanship.

"The great conflagration will start about 1912, set by the torch of the first arm in the countries of South-eastern Europe. It will develop into a destructive calamity in 1913. In that year I see all Europe in flames and bleeding. I hear the lamentations of huge battle-fields.

But about the year 1915 a strange figure from the North—a new Napoleon—enters the stage of the bloody drama. He is a man of little militaristic training, a writer or a journalist, but in his grip most of Europe will remain till 1925. The end of the great calamity will mark a new political era for the Old World. There will be left *no empires and kingdoms*, but the world will form a federation of the United States of Nations. There will remain only four great giants—*the Anglo-Saxons, the Latins, the Slavs and the Mongolians*.

"After the year 1925 I see a change in religious sentiments. The second torch of the courtesan has brought about the fall of the church. The ethical idea has al-

most vanished. *Humanity is without the moral feeling.* But then, a great reformer arises. He will clear the world of the relics of monotheism and lay the cornerstone of the temple of pantheism. God, soul, spirit and immortality will be molten in a new furnace, and I see the peaceful beginning of an ethical era. The man determined to this mission is a Mongolian Slav. *He is already walking the earth—a man of active affairs.* He himself does not now realize the mission assigned to him by a superior power.

“And behold the flame of the third torch, which has already begun to destroy our family relations, our standards of art and morals. The relation between woman and man is accepted as a prosaic partnership of the sexes. Art has become realistic degeneracy. Political and religious disturbances have shaken the Spiritual foundations of all nations. *Only small spots here and there have remained untouched* by those three destructive flames. The *anti-national wars* in Europe, the *class war* of America and the *race wars* in Asia have strangled progress for half a century.

But then, in the middle of this century, I see a hero of literature and art rising from the ranks of the *Latins* and purging the world of the tedious stuff of the obvious. It is the light of *symbolism* that shall outshine the light of the torch of *Commercialism*. In place of the polygamy and monogamy of today, there will come a *poetogamy*--a relation of the sexes based fundamentally upon poetic conceptions of life.

“And I see the nations growing wiser, and realizing that the alluring woman of their destinies is after all nothing but an illusion. There will be a time when the world will have *no use for armies, hypocritical religions and degenerate art*. Life is evolution, and evolution is development from the simple to the more complicated forms of the mind and the body. I see the passing show of the world-drama in its present form, how it fades like the glow of evening upon the mountains. One motion of the hand of Commercialism and a new history begins.”

LETTER TO PRESIDENT

MAZDAZNAN AMBASSY,
MONTREAL, CANADA.
February, 24, 1913.

THE HONORABLE WOODROW WILSON,
President-Elect of the United States of America,
Washington, D. C.

HONORABLE SIR :

Allow me to wish you and your Beloved Ones, Peace, Health, and Plenty.

I have read with intense interest your articles in "The World's Work," in "The New Freedom;" and my prayers ascend in your behalf that the Infinite Intelligence, the Lord God Mazda, may bestow upon you Strength, Courage and Wisdom, to enable you to give "Justice" to each and every one of your American People. You have a colossal task ahead of you! The next four years will be years laden with troubles, which must be adjusted, for "Justice" must be given the people of the United States, the Country of "Stars and Stripes;" the Country destined from time immemorial to be the "Saviour Nation;" the Country that has magnetically attracted from all Countries on the face of this earth representative Souls in Search of Freedom,—such a Country naturally raises the question at this time: "Why all this collectivity of human kind here and now?" Further, believing, as I do, in the Infinite Intelligence and the unseen Hand of God, your Country must awaken from her slumbers and arise to her possibilities, for the time is ripe for the Executive Head of your great Nation to give to her people the Freedom and Justice that is her birthright.

It may be of interest for you to know that on July Fourth, 1908, I, as a representative of Mazdaznan of the Mazdaznan Peace Conference held in Lowell, Massachusetts, at which the Reverend Doctor Otoman Zar-Adusht Ha'nish blest the American Flag, which

I am informed is the first time in the history of the United States that the American Flag has been blest. Since the above mentioned time I have taken a deep interest in the welfare of your Country.

May the powers of Good unto Better and Best hover over and guide you and your people.

I am with respect yours,

HOOPER MALLET.

Mazdaznan Ambassador for the Dominion of Canada.

SUNLIGHT IS LIFE

IT WAS always thus: the same papers, the same commercial-ridden press, that would ridicule Mazdaznan without reason or cause is compelled to give its readers the very teachings Mazdaznan inaugurated in this age, only that such teachings must carry the sanction of the Press. The Chicago Tribune of March 2nd, 1913 says:

Sunlight is so important to life that it is little wonder that sun-worshippers prevailed in primitive days. Plant a potato in your cellar, and if there is a little light the potato will sprout and try to grow. Surround it with the best fertilizer, water it, and do the best you can for it except that you keep it in the dark, and it cannot digest and grow. See how slender and pale it is! The process of digestion, the great function of assimilation, cannot go on without sunshine. Nature's laws are the same in the animal world. It is just as true that the only girls with red cheeks and sweet breaths, the only girls who become fully ripe and sweet, are those who baptize themselves fully in glorious sunshine. The many pale girls who are to be seen with a bloodless, half baked sort of face, whose walk, whose voice, and whose whole expression is devoid of spirit, are not half ripe.

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AINYAHITA

*Thy Name of Wisdom, Love and Fate,
Breath'd in the Peace of Breath Divine,
Will open wide the Golden Gate
And sun the Thought of GOD in Time.*

*The Vision of Thy Maiden Grace,
Transfigur'd on the Mountain Height,
With Holy Spells—Illumined Face;
Draws all Thine Own unto the Light.*

*Eternal Woman, Nature's Queen;
Mother in God, of Race Sublime:
Thou Pearl of Heaven and Earth serene,
We Thee proclaim, through Space and Time.*

—Guromano.

BEAUTIFUL MAY

The month recognized and welcomed for its heraldry of the season of greater light and life.

By Mazdaznan it is held very sacred and is remembered with reverence, since it gave to the world some of its most Illustrious Beings, among them Jesus of Nazareth—He having been born into manifestation on the Twenty-third of May; and it was upon the Twentieth Day of May that Ainyahita—The Patron-Saint of Mazdaznan—made Her advent upon this terrestrial plane. Hence throughout the Greater Family of Mazdaznan is celebrated the Anniversaries of Jesus of Nazareth, Ainyahita and other Illustrious Saviors and Saints born in May. In remembrance of these Blessed Ones we dedicate the May Number of “Mazdaznan and Messenger.”

The Twentieth Day Of May

*The Twentieth Day of May
To this Earth brought a golden Ray,
A Ray so Pure with a Heart secure,
The Twentieth Day of May.*

*The Twentieth Day of May
Clothed our Earth in Pure Array.
And gave us sure, our Good Mother Pure,
The Twentieth Day of May.*

*The Twentieth Day of May
Like the Day of May Twenty Three
To end all strife and make man alive
The Twentieth Day of May.*

---Part of Poem written by Our Master MAY 22, 1912.

SPRINGTIME

O, gentle Spring! Who does not love thee!
Who does not love to bring thee homage!
With thy beauty thou revivest the luster of
this terrestrial world, bringing joy to the
hearts of all mankind.

From the great womb of silence thou merg-
est forth spreading thy veil of tremulous beau-
ty alike over field and plain, hill and dale,
valley and mountain. The undulating wave
of thy ever renewing life bursteth forth in a re-
splendent mantel of verdant beauty until the
earth becomes a Theatre of the Creator's Glory.

Beauteous Springtime! Thou coverest the
earth with a beautiful enamel like unto that
of an emerald, inspiring the hearts of all with
songs of blissful joy! Through thy munificent
spirit thou adornest the face of the earth, re-
newing field and meadow with the glory of
thy serene splendor.

Thou art the Bride of Nature, commanding
the clouds to water the thirsty lands. Even
the tempest, storm and wind, thunder and
the lightning, are the messengers of thy power.
Then let the world rejoice and celebrate thy
advent with songs of laud and praise.

HINTS OF THE SEASON

BY HIS EMINENCY
REV. DR. O. Z. HA'NISH.

ARE YOU going to take your morning May walks and your evening strolls?

WE THRIVE best on foods eaten when hungry and eaten with thankful heart; masticating, digesting and assimilating food-stuffs partaken with hands ever ready to bless.

IT IS well to let the table salt alone with the advance of the season. It would be too lengthy a subject to go into it—let it suffice us—there is a reason.

THE WISE confine themselves to many divers field and garden weeds like dandelion salad, rhubarb, watercress, mustard leaf, lambsquarters, sorrel and other varieties considered to act upon the blood and liver, supplying also other needs.

PERHAPS at times it will be too wet and even cold. If so, do not forget a hot foot bath and an application back of the neck or you may perchance have nature get you in the neck.

GO OUT into nature and divide the phenomena thereof with profit. Bathe with the dewdrops; bask in the rays of sunlight with the flowers; vie with the singing of the birds; and nibble at the sorrel if long your life is to be.

WHY SHOULD I eat prunes with rice and why take a handful of almonds or pine-nuts with bread and biscuits or anything that is made of white flour quite nice—let this answer to thee who hast brains and be the guide—a word to the wise will suffice.

MAZDAZNAN and Vegetarians in general should know something about chemistry so as to be able to make a selection more suitable for their temperament. Still common sense and judgment, following a natural instinct, will go a long ways toward assuring and attaining good health.

THE STRONGEST microbe killers are raised from five days old clabber; the bottle set into hot water for three minutes; allowed to cool and thoroughly shaken. A day later add to each quart half a pint of potato water made from potato peels. A little cayenne pepper or paprika will improve the drink. Used in small quantities of a cup at a time once every other day will not only improve the nerves but even the complexion will grow clearer.

MENUS

LUNCH

MONDAY

Sliced Oranges and Bananas
Poached Eggs on Toast

TUESDAY

Grape Fruit and Cream
Omelette on Triscuit

WEDNESDAY

Stewed French Prunes
Scrambled Eggs and Cream Toast

THURSDAY

Sliced Pine-Apple
Spanish Omelette and Whole Wheat Gems

FRIDAY

Fast Day or Fruit Juices

SATURDAY

Baked Apples and Cream
Scalloped Eggs with Shives and English Muffins

SUNDAY

Strawberries and Cream
Soft Boiled Eggs and Toasted Rolls

DAINTY DINNER MENUS

(FOR SPECIAL OCCASIONS)

Bisque of Salsify

Radishes

Wafers

Olives

Tomato Asparagus Salad

Egg Plant Cutlets

Mashed Potatoes

Sliced Cucumbers Green Peas

Beaten Biscuit

Cheese (Liederkrantz)

Marzipan

Coffee

Grape Fruit

Cream Asparagus Soup

Celery

Toastette

Stuffed Olives

Endive Salad

New Potatoes and Green Peas Creamed

Dandelion Greens

String Beans

Strawberry Short cake

Bent Water Biscuit

Neuchatel Cheese

Coffee Demi Tasse

Asparagus Cocktail in Green Pepper Shells

Chow Chow

Radishes

Sliced Tomato

and

Lettuce Salad

Mazdaznan

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May 1913

Mushrooms With Brown Gravy
Mashed Potatoes **Creamed Onions**
Strawberries with Whipped Cream
(Italian Style)
Toasted Wafers **Roquefort Cheese**
Arabian Coffee with Potted Cream

NEW POTATOES a la Julienne are delicious accompanied with braised dandelions served with hot slaw dressing.

FRIED TOMATOES and broiled sweet peppers. tablespoon of tarragon vinegar, pinch of dry mustard, salt, paprika and two tablespoons of olive oil, rubbed into yolk of hard boiled egg (the white minced and sprinkled on the above after sauce is poured over them.

LETTUCE, ENDIVE, Dandelion, Roumaine, Watercress, Tomato and all fresh salad stuffs must be *fresh, cold and crisp* to be palatable.

CARROTS a la Viennese: scrape, boil and drain; when tender, slice and pour over them dressing made of one cup juice in which carrots were boiled; season with bit of salt, sugar, teaspoon lemon juice, two tablespoons of butter and one of flour---flour and butter melted and rubbed together in saucepan, adding other ingredients. Minced parsley and cup of French Peas may be added.

EGGPLANT CUTLETS are excellent broiled in butter after first rolling in flour; season with salt; serve with fresh grated horseradish diluted with tarragon vinegar.

MUSHROOM Cocktail may be served in tomato shells.

(THE above suggestions are given for special occasions as Mazdazn andelight in cookless foods this time of year)

AINYAHITA AND MYSTERY OF RESURRECTION

Years ago, at the dawn of civilization, She whom Mazdaznan honor as their Patron-Saint and Holy Mother, although not yet in her teens, became deeply mystified over the problem of the possibility of Immortality or Resurrection. In humbleness of heart She bowed before the Altar of the Infinite, imploring that the Lord God Mazda would enlighten Her upon this all-absorbing subject. Thrice She continues Her pleading, reverently saying:

“O, Lord, great is thy wisdom; greater still is Thy compassion. But how can a form be restored to its former state where the breezes have dried it and the wind has swept it away; or where the water has carried it off, or the fire has consumed it? How can such become resuscitated, resurrected or incarnated again?

And the Lord God Mazda answered through the still, small voice, saying: “Ainyahita, if I have established my wisdom and power thru my creation in the heavens void of pillars to rest their weight; of infinite splendor, boundless and vast; of incomprehensive magnitude, illumined far and wide, with immeasurable depth and incomprehensive height, and yet have given it stability greater than that of

thoroly tempered metal; when the earth exists thru me, the earth that carries the seed of corporeal life, and there is no other one to uphold these uncountable manifestations; when it is conceded that thru me sun, moon and stars with their luminous bodies move in the firmament around their center with absolute regularity and never deviate an iota from their orbital spheres; when by me the grain is so ingeniously created that once it is sown into the soil it thereafter grows and multiplies by virtue of the intelligence hidden in its glume, in the multiplication whereof no man is able to determine which of them is the seed first sown; when I have made manifold tints and colors for petals and flowers that defy imitation; when to vegetation and other objects I have inoculated the impetus of the fire of life so well devised that self-consummation is impossible; when by me the babe in the mother's womb has been begotten and passed thru processes of gestation imparting the delicate network of the skin, the form of the nails, the compounds of the blood, the shape of the feet, the intricacy of the eyes, the beauty of the ears and the many other component parts of perfection; when unto the waters I have given invisible legs that they may run their course with ease on and on without ceasing and emptying wherever they please; when I have created the clouds with their ever-changing shapes, to bring water unto the earth and to

descend in rain according to her wish; when I have created the air, which thru the powers of atmospheric pressure apparently rises from the bottom to the top according to wish and will without being held in check by human hands; each and every one of those things are much more difficult to create than it is to bring restoration, resurrection or incarnation because unto resurrection come to my assistance all of the things that were, while before they were formed and made there was not anything there to make them out of. Remember, then, if that which was not came to be created, why then should it not be possible to restore what once was? At a time of restoration the bones shall be demanded of the spirit of the earth, the blood from the water, the hair from the plants, the life from the fire, because at the time of creation these have been granted to the body."

Thousands of ideas crowded upon Ainyahita until She could bear it no longer, and upon bended knees She invoked the angels of God to assist Her, saying:

"May Mazda be rejoiced and His Associates continue to be victorious. May it come unto me at this hour or at the hour of convenience, who, how and why man may be restored to consciousness, that my ever searching mind may be at ease and the heart find Peace. Be it so. Amen.

And the Fravashis of the angelic company descended into the circumference of Ainyahita's aura at the hour of repose, weaving the veil of vision about Her soul. In company with one and all the Associates victorious pronounce this holy wish:

“O Lord God Mazda, Thou art so great and yet so tender, so sublime and yet so humble, that I am put to shame in the presence of Thy boundless, compassionate love. May my mind never entertain a thought to screen Thee from my sight; may never my lips utter words that veil Thee from my presence; may I never perform deeds that will cause Thee to be distant unto me. May Thou ever be rejoiced and Thy Associates continue to be victorious. Permit me, even me, to add my humble sacrifice and a sacrifice worth being heard of, that thru the performance of my duty in the spirit of Airyama I may be worthy of the association with the redeemers of the covenant and be found trusting in all my agreements. Be it so. Amen.

(From Ainyahita and The Resurrection, A Legendary Fragment Current Among the Zend People, Transcribed and Abridged by REV. DR. O. Z. HA'NISH.)

THE MAZDAZNAN MOVEMENT

The object and purpose of this Movement is to reawaken the Ancient and Philosophical Teachings of Zarathustra known at the present time as Mazdaznan, the parent-source of the religions of all the civilized nations, which up to modern times has been guardedly held within the sacred Temples of the East.

The Mazdaznan Movement now makes these teachings more accessible to modern civilization, as they are given in accordance with the "spirit of the times."

Mazdaznan recognize that inharmony, disease, pain and misfortune are caused by the individual living a life contrary to law and order. As soon as the individual lives a life of purity and simplicity, correcting the errors of the past through right living, he will be relieved from misery and be restored to health and happiness, thus becoming Nature's child, using his talents and gifts for his own good as well as that for his fellow-men.

The oldest teachings of Zarathushtra in accordance with the Avesta says, "We are here upon this earth, to reclaim the earth, to turn its deserts into a paradise, a paradise most suitable unto God and His associates to dwell therein."

Mazdaznan holds that man is endowed with capabilities most necessary to his development

and happiness, and that the unfoldment of these talents and gifts depends upon his physical condition. The organs of the body must be restored to normal positions, thus bringing about harmony. This enables the spirit to manifest its higher intelligence.

Mazdaznan therefore begin by giving very practical instructions for the development of the physical body. It also explains the significance of proper food and diet that is necessary to perfect health.

The basic principle of its teachings is breath; it holds that breath is life. Through deep and rhythmic breathing, with proper position, with corresponding exercises, a most rapid mental and spiritual unfoldment takes place which is an absolute necessity in order to keep pace with the spirit of the times.

Through its marvelous teachings of breath, diet and exercises, it calls forth the latent talents and gifts, producing most astonishing results in art, science and philosophy. It is the key to nature's marvelous storehouse and makes life a success physically, mentally and spiritually.

All explanations about life and the aim of the Mazdaznan Movement can be had by reading the "MAZDAZNAN."

—AMBASSADOR DAVID AMMANN.

PALM-SUNDAY

AT THE

MAZDAZNAN

TEMPLE

3016-18 Lake Park Ave.

CHICAGO--ILLINOIS

SUNDAY, MARCH SIXTEENTH
NINETEEN HUNDRED AND THIRTEEN

ORDER OF PROGRAMME

ELEVEN IN THE MORNING

Processional: "Hosiannah, Prince of Peace"

Men Choir representing the Twelve, Robed in the most exquisite Colors of Oriental Virtues.

Women in Gorgeous Array representing the Virgins of Bibical Lore.

Service According to Aramaic Rites.

Reading the Coptic Version

EVENTS—Philologically Illustrated:

By the Campfire—Arise and March Toward Jerusalem—Meeting of Cornelius, Brother of the Emperor—Jesus the Agitator and His Cabinet in Conference Outside the Walls of Jerusalem—City Taken by Surprise—The Great Throng Thousands Strong—Hope for the Army of the Unemployed—Hosiannah Unto Him Who Cometh in the Name of the Lord.

EIGHT IN THE EVENING

Processional: "Hosiannah, Prince of Peace."

Procession by Men and Women robed in especially designed Oriental Vestry Robes.

Reading of the Ritual According to Mithran Rites.

THEME—Rhetorically Illustrated.

The Garden of Philostratus—The Sacred Chamber in the Mansion—The Great Parable—The Pascha-Meal—“One among you betrays Me”—The Great Commotion—Judas Seeks Refuge Under The Cover of the Night—Special Session of the Sanhedrin and the Holy Synod—Striking a Bargain—Thirty Pieces of Silver—Collecting and Buying up State Witnesses—State Officials the Catpaw of the Church—Jesus keeping Informed—Laying Plans for Safe-Keeping—The Plot to Assassinate Jesus Foiled—Many Measures—The Strategy—Branding Jesus a Criminal—The Conspiracy.

BLOOM THURSDAY

MARCH TWENTIETH, 8 P. M.

Processional: “Hosiannah, Prince of Peace.”

Arranging the Watch.

The Grotto--Gethsemane--Pleading with the Father--
The Watch Found Asleep.

The Torch-Light Procession--“Tell me, Where is the King”

Father Eliye-Eley's Death--“Father, Father, why hast Thou forsaken me?”

The Invasion by the enemy--“Whom seek ye?”--The Betrayal--Victim of Government by Injunction--The Trial--Accusation: “He stirreth up the People”--“I Find no Fault with that Man”--The Demand by the Rabble--Jesus Barrabas Chosen--“Crucify Him”

GOOD FRIDAY

MARCH TWENTY-FIRST, 8 P. M.

Funeral March--Skeleton Dance.

Golgotha--The Last Rites--Mandat--Scarlet Sunset--Joseph of Arimathea and the Men in White Clothing--Hasty Removal to the Private Grotto--Nature's Phenomena and Judas' Loss of Reason--Church and State in Merry-Making--“And Fear Came Upon Them”--Herodia's Tragic Death--Love That Conquers

“HOSIANNAH, PRINCE OF PEACE”

Melody, Page 114, Avesta in Song.

- 1 Awake, Jerusalem,
Let the Prince of Salem in;
Yea, He comes this very hour,
Set His people into power.

CHORUS:

- Hosiannah, Prince of Peace,
Come His people to release:
Awake, Jerusalem,
Let the Prince of Salem reign.
- 2 See, the conquering Hero comes,
Sound the trumpets, beat the drums;
Merry make, the laurel bring,
Songs of Triumph to Him sing.
- 3 Ah, ye Gods, shout and rejoice
For He is the people's choice;
Founding now His endless reign,
Hosiannah to His Name.
- 4 Songs of Triumph to Him sing,
Who is made our uncrowned King.
Riding on a lowly beast
He prepares our freedom feast.
- 5 By the State unrecognized,
By the Church he is despised;
Still he enters by the gate,
To announce the tyrants fate.
- 6 Set hypnotic spells to flight
For divine is man's birthright.
Christ declares equality,
Man, accept thy Liberty.
- 7 Rouse, arouse Jerusalem,
Zion gain thy fame again;
Break the tyrant's lawless chain,
In thy hands God placed His reign.

—BY OTOMAN ZAR-ADUSHT HA'NISH.
Patterned after “MACCABÆUS.”

EASTER SUNDAY

MARCH TWENTY-THIRD

ORDER OF PROGRAMME

ELEVEN IN THE MORNING

Processional;

Christ He walks and talks with man,
Christ He walks and talks with man,
Christ He walks, He walks, He walks,
And talks, and talks, and talks with man.

Participants arrayed in Resurrection Robes.

Scene: The Garden of Arimathea.

Ritual: According to the Rites of the Aramaic Covenanters.

Theme: Meeting in the Garden---The Men in White Clothing---"He is Not Here; Why Seek Ye Him Who is Living, as if He Were Dead; He is NOT Dead: He LIVETH and Walketh Before You"---The Assurance: "Alleluja, Raise the Strain."

Melody: EASTER BELLS, Page 114 Avesta in Song

Golden Text:

"Judge not; offer no opinion regarding any man;
Only what is of your own creation you may be
free to condemn."

Recessional: "Christ He walks and talks with man."

EIGHT IN THE EVENING

Processional: "Alleluja, Raise the Strain."

Scene: Highway to Emmaus---A Cluster of Fragrant Roses of Sharon.

Theme: Disciples Meeting a Stranger---"Art thou so much a Stranger in Jerusalem that thou knowest not of the great events which have transpired in these days"---Friendly Discussion---At the Garden Wall---Passing the Gate.

EVENTIDE: Melody, Page 54, Avesta in Song.

Second Scene: An Humble Country Home---The Stone
Well---Oriental Hospitality--Breaking the Bread---
Sudden Departure--"How our Hearts did Burn"--"Let
us arise and go unto Jerusalem."

Golden Text:

"Neither time nor distance can stay the good mind
From passing glad tidings to waiting mankind."

Recessional: "Christ He walks and talks with man."

Music Director: Miss Minnie Theresa Brauckmann.

Violin Soloist: Prof. Antonin Blaha.

Additional Instruments: The Stubenrausch Family.

Vocalist: Mrs. Harnstrom.

"PAY ALL HONOR TO WOMAN BY WHOM YOU ARE BORN"

Thus read the words of Mohammed, the
Illustrious and thus they continue to emblazen
the heart of every honest man, be he of the
Orient or be he born in the byways of the
Occident. Woman Suffrage is not the result
of ambition or greed, seeking self-aggrandize-
ment; it rather shows that she has been dis-
owned and no longer enjoys the right which
has been given her when at creation's dawn
she was recognized by the very Creator to be
man's equal.

EGYPT OF AMERICA

This is what came to Sister Mae Bruner on Good Friday while reflecting upon the conditions of our present day and comparing the same with the Days of Christ and those of Egypt during Moses time:

"We have no potatoes to plant so I will try something else. Had we known enough we could have kept one another in the clear, but since we are all products of the Industrial Competitive System we failed. The bread and butter question must be solved first (according to the first principle of nature which is self-preservation,) thereafter we may be able to think; and think of strife and struggle and other poor souls who in their significance or insignificance criticize the one and then the other, adding to it all the dramatic world which asks for an answer to what a theater should be for:

"Life And Its Realities?"

or

"Pleasure And Its Artificialities?"

I say, both; for such it is; it all depends on which side of the Proscenium we are placed—the stage or the auditorium; whether we are the actor or the spectator.

It surely would make no difference if all the Savors of all the ages were re-incarnated

here upon this earth at one time (and for all we know they may be walking with us now;) they would have *no way* and furthermore according to our present day state *no right* to declare themselves. They would be prosecuted as liars, hypocrites, imposters, conspirators and many more "crimes." In this day of "morality" we can no longer say, "I love you;" there is a restriction put on this. Owing to the consciousness of such restrictions, the soul shrinks at the mere thought of "love" and the sound thereof appears like mockery. We are no longer allowed to love our neighbors as ourselves. (Its prohibited by law.) If we only attempt to recognize the pitiful state of the overtaxed beings, we are guilty of high treason. Thus we are in danger of impairing our good if we attempt to correct our evils. We can not be *rated* by our *brain* and *heart* at present no matter how we try to adjust our positions. Perhaps we won't and still I wish to see the day when instead of waiting for Moses and Christ to come our Faith in the Lord's Prayer will be realized:

*"Thy Kingdom come:
Thy will be done on earth."*

(But perhaps this too is high treason.) Still I hold to the Truth and shall feel with Him who suffered much:

"Thy Will be done—on earth."

THE UTTERMOST AIM

As the individual seeks, he discovers facts and realms of thought previously unknown.

To him who has found God—be that God what it may—and he walks in the light that uplifts, will be vouchsafed realization upon realization, provided always that he perseveres and proves each step. Nothing amazes those who really understand the "Uttermost Aim"—the object of every Mazdaznan.

At right moment of development that which has been involved will evolve and truth be made so plain that wonderment will have little place.

"A drop of royal blood" is the *key* to the solution. Those who have not this relationship never can enter the Kingdom of Heaven, and to such it matters not. In a word it is a physical, intellectual and spiritual impossibility! They serve their purpose and return from whence they came. Life to them is usually happy, no matter what their lot, and they gratify their desires without injury to the plan of evolution.

Knowing no higher law they will not be subservient to or judged by such a law. Hence it is that to some there is really no God. But to those endowed, the Chosen Ones, it is otherwise. They must come into their inheritance, if not now, assuredly. Naturally great is their difficulty. They have much to overcome. Yet

greater is the force that speeds them on, and no assault of the enemy can avail. In the "twinkling of an eye" on the Great Morning, they will change and *immortality* be theirs.

This is the "promise" which cannot fail, if the "Covenant" is to be fulfilled. Therefore, "Little Flock," in the words of our Blessed Master: "Be Happy and of Good Cheer."

—Guromano.

HOROSCOPE 1913

The Horoscope for 1913 as given Sylvester night last during the Gahanbar session is fast approaching its fulfillment. We have given only a synopsis of the Horoscope fearing the revelations contained therein would invite a great deal of controversy and in the event of fatalities of a rather touching nature arouse unnecessary inconveniences to those who have been made innocent instruments in receiving such marvelous revelations. Reading the Horoscope frequently one will be able to read between the lines and profit greatly at the spirit caught when listening to the still small voice at opportune moments. To us it is a great solace to know that Mazda cares for His own and guides them through all the vicissitudes of life safely, ever leading His own by His most powerful hand. The greatest profit that can come to man is that of his trust in God. Such thought never fluctuates with the market prices—it remains steady.

PERSECUTION OF SAINTS

For the Enlightenment of our dear people of this and all other continents we wish to say that it is a mistake to believe that the Government or the people at large persecute the Saints of Mazda. The Persecution comes from sources jealous of the Advance and Success of Mazdaznan, jealous of the versatile methods and the wide scope of wisdom contained in Mazdaznan, envious of its followers because of their inimitable purity of life and their integrity and ambition to "stand alone" and "mind their own." Nothing but pure malice, envy and jealousy on the part of unscrupulous individuals has brought on all so-called troubles. Yet, all of this does not trouble the hearts of Mazdaznan Friends, Saints or Associates as first of all they cherish the promise of old "Vengeance is mine, saith the Lord; I shall repay;" second, Mazdaznan treat everything not constructive with absolute *silent contempt* and it is the latter attitude that sets yellow journalism into a fury; as they are about at their wit's end to know what to do next, confining themselves with personal matters and trying to tire out individuals by harranging them. But Mazdaznan pay no attention to all of this, they quietly pursue their path living the simple life, thus proving by example that it is possible to live the Life of Christ on Earth.

IT IS true that in some instances government officials allowed themselves to be used as cat's paws to further personal ends, misusing powers vested in them that would command reproof but because of such happenings we cannot put blame upon a government, be it municipal, state or federal. It is deplorable indeed to have men in power not intelligent enough to discriminate between protection and execution, still we must bear in mind that our present condition in a state of clan-consciousness and class-distinction invites injustice, and time alone prompted by better development of the race can alter this present chaotic state and right the wrongs committed by ignorance and superstition.

LIFE IN THE SCENT

In the wilted, decrepit, dwarfed and otherwise unsightly looking, colorless or a color that denotes fading, life or the spirit thereof that breathes life is ebbing away and grows powerless to instill life unto him who seeks it. What is true of human beings endowed with a goodly amount of magnetism and electrism, their presence calling out intellect if magnetic or a joyful mood if electric, even so animals attract or repulse one's nature.

When we consider the vegetable kingdom, with all its varieties of foodstuffs the magnetic and electric nature is determined by color and scent. A flower fading is disgusting to smell and taste. A cabbage wilted and touched by decay is disagreeable to the touch and sickening to the finer sense. It is the crisp, the fresh from the soil or the ripe from the tree, that breathes life and brings with it the temptings of relish.

With the advance of the season and the increase of the horn of plenty pouring out his treasures into our lap, we want to cease compounding dishes over the fire and study up the correspondences of relative compounds from Nature's laboratory, enjoying her sunkissed fruits and the concentrated sunshine of her vegetation.

Even bread may be easily discarded from the table by simply grinding your wheat or rice, corn or rye for a change, for each meal partaking of it with fruits or vegetables, adding milk or clabber, butter or oil, as the system may require. That you may not grow tired, since everything unusual is apt to make you backslide, it may be well to have vegetable roasts and whole wheat muffins.

MIND FLITTINGS

Ere long there will be sixteen—to—one job.

It is no small job to hold an executive position and at the same time hold oysters—at—bay.

Woodrow has a hard row but he is determined enough to Bray— —in.

The Tariff Revision will make many friends for us among the foreign nations. Why should it not when it will give them a chance to please us and to fleece us.

It is either a flood, a hurricane, an epidemic, a volcanic eruption, a railroad accident, a steamship disaster, an explosion, an earthquake, a landslide, a theatre fire, a tidal wave, mosquito pests, fleabites, or income tax; no wonder the poor man exclaimed under the sweat of his brow: "Life is just one— — — thing after another."

After having wandered from mountain to vale, crossing the ocean, passing through deserts all hearty and hale, winding my way joyfully through dense forests, the expanse of prairies to tell my gleeful tale, finding naught but beauty and harmony throughout all creation with nothing stale, I chanced into *humanity* to find them in misery like a bug in a molasses pail. — Ah misere!

Eggs, butter, milk and cheese have fallen in price, not because of tariff-revision but because of the advance of the sunny season. Beef, flour, bread, and beans remain steady. Silks and satins are uncertain but then we can get along without them. Sugar will soon be down a fraction of a cent but we won't need it as long as we have plenty fresh fruits. Wool will go down—over our eyes!

In consideration of the summa summaris we shall learn to say with the Lord of old, "And I shall remember their sins no more."
— *The White Eagle.*

"GOSSIP"

A little gossip now and then is relished by the best of-----enough said.

Gossip comes really from "good sip." And where is there a man and a woman for that matter that does not enjoy a "good sip?" These "good sips" lent an occasion to relate the "good news" or "glad tidings" of the day or the revealing of current topics. Such moments were considered the most elevating and instructive ones by the Elite of society. Since those happy days of the "evangeli" the "good sip" has been adulterated as have many more good things so essential to the progress of a Commonwealth, still the wise man can always pick up some good from "gossip."

First of all we are happy to relate the fact that Mazdaznan is growing all over the world; thanks to the many enemies, who call attention to Mazdaznan. Mazdaznan attracts as many people as does "September Morn" in Chicago.

Pass the word, the word along, Mazdaznan shall the password be!

Dr. Julius Clauson is at present conducting the work in Los Angeles.

The San Francisco Central Society has given Dr. Maurinus the call.

The German Lodge at San Francisco is conducted by Mother Rosali Sommer.

Brother Kull is engaged in Seattle.

Brother Volkmar has met with exceptional success in Portland. The Pacific Coast naturally responds to Mazdaznan owing to its democratic tendencies.

Prof. Ambrosius Sykes has cast his net upon Denver which pleases Brother Pfuetzner very much.

In Chicago Dr. Freeman Havard reports progress. The many festivities given in Chicago warrant progress and growth.

Dr. Leonard Hibbard of New York City has been appointed Ambassador for the States of New York, New Jersey and Connecticut. The work in New York City shows steady growth. Many of the older pupils are taking an active part.

Lowell shows up well and many a lodge and society would enjoy Little Bethany for the great strength of character and untiring efforts brought to light.

Washington has come to the front and enjoys the Light of Mazda adding daily to the voltage which is to run the Transparent race.

New Centers and Lodges are being opened up in all the leading cities throughout the States, still the European Countries are in lead as to active membership.

"Ainyahita" is in her De Luxe and it is now to be regretted that the publication has been limited to so small a number. A great many are disappointed not to be numbered among those privileged to possess a copy of the book of books.

Our dear friend Gertrude Reynolds of Seattle no longer lives in Seattle. She sailed March 29th for London to join in the work with Ambassador Gilman Beeler and Mother Elizabeth. Brother Gilman's and Sister Gertrude's solemnization will soon take place.

Brother Carlos and Brother Benjamin decided that the Windy City would not offer enough change thus they have gone to Los Angeles where they may do some spending of good thought and money.

Brother Buschmann and Sister Griesser of Switzerland have recognized the Zentrale at Leipzig and with them all their following enter the Mazdaznan Fold.

India wants Mazdaznan and the question is who will go there to meet the great demand. Dr. Edal Behram is certain that 20,000 of the best families could be reached at once. If we could interest some philanthropic soul to do the printing, we are sure the Little Master would offer duplicate plates of the Blessed Ainyahita for a low priced edition for India.

Persia thinks we are quite selfish in America that we do not even provide for a school teaching the young in a Mazdaznan way. They are willing to pay tuition for all those they expect to send over here and pay well. But who will open a school? Some think that the good spirit ought to prompt Gloria Bryan, Effie, Leslie, Alice L. Woodbridge and many more of our better women, versed in that line of work to devise ways and means.

THINKS

When you think of thinking
Are you thinking what you thought?
You think you think you're thinking
Of your thinking, do you not?
You think you're thinking; think of that:
The thought has come to you—
But do you think of what you think
In thinking as you do?

In thinking that you think you think
Of thinking that you thought,
It makes you think you thought you thought
Of thinking quite a lot.
But then, suppose your thinking
Was of thoughts you did not think--
Perchance an unthought thought you thought
Was just on thinking's brink.

You see, you'd think of thinking
Of the thought you thought you thought
When thinking that you thought of thinking
Thoughts that came unsought.
So, - did the thought you're thinking of
Come thinking at your call?
Or do you think you think you thought
Of thinking after all.

---Selected.

M A Z D A Z N A N

(Master Thought)
 AND THE
MESSENGER

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 With Blessings of Peace and Prosperity unto Perfection in All Things
 M. E. R. HILTON. 54 Columbus Ave., Lowell Mass. U.S.A.

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THE DAWN OF PEACE

"The Hour of Universal Peace has struck"—M. Jaures.

Yes; "on our brow we feel the breath
Of dawn," though in the night we wait;
An arrow is in the heart of death,
A God is at the doors of fate!
The spirit that moveth upon the deep
Is moving through the minds of men;
The nations feel it in their sleep
A change has touched their dreams again.

Voices, confused and faint, arise,
Troubling their hearts from east and west;
A doubtful light is in their skies,
A gleam that will not let them rest;
The dawn, the dawn is on the wing,
The stir of change on every side,
Unsignaled as the approach of spring,
Invincible as the hawthorn tide.

Have we not heard it, far and nigh,
The voice of France across the dark,
And all the Atlantic with one cry
Beating the shores of Europe? Hark!
Then—if you will—uplift your word,
Of cynic wisdom! Once again
Tell us He came to bring a sword,
Tell us He lived and died in vain.

Say that we dream! Our dreams have woven
Truths that outface the burning sun;
The lightnings that we dreamed, have cloven
Time, space, and linked all lands in one.
Dreams! But their swift celestial fingers
Have knit the world with threads of steel,
Till no remotest island lingers
Outside the world's great common-weal.

Tell us that custom, sloth and fear
Are strong, then name them "common sense!"
Tell us that greed rules everywhere,
Then dub the lie "experience."
Year after year, age after age,
Has handed down through fool and child,
For earth's divinest heritage
The dreams whereon old wisdom smiled.

Dreams are they? But ye cannot stay them,
Or thrust the dawn back for one hour!
Truth, Love and Justice, if you stay them,
Return with more than earthly power;
Strive, if ye will, to steal the fountains
That send the spring through leaf and spray;
Drive back the sun from the eastern mountains,
Then bid the mightier movement stay.

The hour of peace is come! The nations
From east to west have heard a cry,
"Through all earth's blood-red generations
By hate and slaughter climbed thus high,
Here—on this height—still to aspire,
One only path remains untrod,
One path of love and peace climbs higher!
Make straight the highway of our God."
—Alfred Noyes.

SUMMER GAHANBAR

The Sixteenth Semi-Annual Gahanbar and Peace Congress will meet in Sessions, beginning

FRIDAY, JUNE 27, 1913, 8 P. M.

and continue until

MONDAY, JUNE 30, 1913.

All the Open Gatherings will be held in the Auditorium of the Mazdaznan Temple Spenta Maria, at Lowell, Massachusetts, while all the Close Communion Sessions will take place at the Banquet Hall of the Temple edifice. The subjects under discussion will be of world-wide interest. Prophecies will be the leading features and the present situation, as well as the possibilities of the future, weighed from diverse standpoints. The taking of notes will be prohibited by special order, as the object is to sharpen the memory of the delegates.

For accommodations arrangements are being made and it is certain that like all previous Gahanbars, this one too, will have its special features.

The time set is most convenient. A great number are expected. Come and be joyful for another season.

With Blessings of Peace,
Prosperity and Perfection,

Joel Plummer Thurston,

Court Secretary of the Mazdaznan
Temple Associates of the
Associates of God—

SUMMER 1913.

TEMPLE SPENTA MARIA

Lowell, Mass., June, 1913.

To All Our Beloved Ones,

Salutation and Greeting:-

It shall be our pleasure as a Mother in Mazdaznan to welcome our dear ones to Little Bethany with all the love emanating from a heart steeped in Love for our Own. Blest with many willing ones surrounding our humble Court, we are in a position to offer comfort and ease, joy and harmony to all, while under our protection. We therefore most cordially invite all the Faithful from far or near, at home or abroad, to attend our Summer Gahanbar and Peace Congress, (beginning Friday, June 27th, 1913, in Temple Spenta Maria, 54 Columbus Ave., Lowell, Massachusetts,) when we may again unite in celebrating those blissful joys born of the sacred Tie that from time immemorial has bound our hearts in Royal Blood.

We are in all devotion,

—*Mother Maria,*

Kalantress of the Mazdaznan

Temple Spenta Maria.

REFLECTIONS

Mazdaznan is a guide unto our path and a light unto our feet. They who are guided by Mazdaznan, whose feet are led by its ever luminous rays, will attain to the highest achievements, and will also be enabled to realize here on this mortal plane their loftiest ideals.

Mazdaznan holds that man possesses infinite intelligence; and he is able to demonstrate and prove such to be a fact by calling out the inherent qualities thru rhythmic breathing and simple living. As the body becomes purified and refined, the mind freely reflects the intelligence latent within, unfolding realm upon realm of illimitable light and beauty. *Breath is life; Life is God; and God is All in All.*

In order to become free from ancestral and prenatal tendencies, man must make a thorough study of himself, his life and the laws governing the same, that he may intelligently understand how to control conditions and environments for his welfare.

Many things are made plain, but one thing we cannot comprehend: how can anyone take up the work of Mazdaznan and through its teachings obtain their health, recover their lost fortunes and become the recipients of untold blessings, only to renounce it all, again returning to a life of empty nothingness. This reminds one of the words of Jesus: "And the last *state* of that man is worse than the first."

HINTS OF THE SEASON

BY HIS EMINENCY REV. DR. O. Z. HA'NISH

Dew from blossoms sweeten the breath.

Nuts to be eaten very sparingly.

Ear trouble induced in June by straining voice.

Grain in cereal form is hunger's best salvation.

Tropical fruits at this season for invalids only.

Barefoot in June if for but five minutes.

Coffee and tea sparingly; liquors abandoned.

Sliced potatoes with nut cream set readily on bowels.

Use butter instead oil for mayonnaise, other dressings.

Hot bread in June: dough-gods, biscuits, rolls.

Thirst to be quenched by season's fruits and vegetables.

Sand and ground shells will correct action of stomach.

Take steam hay bath daily; drink it steeped, sleep on it.

Goitre: bandage with bruised plantain leaves.

Oils used with caution and only when in manual labor.

Eczema: fruits with cream; vegetables with poached and soft boiled eggs.

Eat but let drink alone; eat freely petals of buttercup flowers and leaves of sheep sorrel; eat grains sparingly.

Faintness and headache: take full breath, then a swallow of air before attempting to exhale.

Clothe lightly, comfortably, in texture, color, corresponding to season; no nightgowns; sleep in paradise garb

Do not use cheese and eggs at same meal; fried eggs are out of season.

Prayer: breathe out a prayer on the breath three to five times; between prayers reflect on words spoken; then with inflated chest take your fill of the flow of life.

Eat petals of blue flowers and those tinged blue and white, with dew on them in June for blood diseases.

Cancers: eat fruit with cream, vegetables with poached or soft boiled eggs; salads of sorrel and watercress daily.

Diarrhoea: blackberry brandy, start meal with blackberries; eat tablespoonful browned flour after meal.

Hot or cold plunge before retiring, cold sponge in morning; mud baths excellent for rheumatism and neuralgia.

Berries mashed and seeds removed, beaten into cream purify the blood; dew from green leaves restores blood.

If warm, work harder; while working you counter-balance atmospheric heat.

Kidneys and liver: clabber and raw potatoes; peas with mint; asparagus with nut cream.

Out of season: salt, sugar, spices, saleratus, bicarbonates and biochemic salts, fried eggs.

Gout, paralysis: fruits with cream; vegetables with poached or soft boiled eggs.

Membranous troubles: sweet butter, eaten by itself in liberal quantity; do not eat bread or cereal that day.

Kidneys: raw peanuts ground to flour, mixed with white of eggs and lemon juice to form a paste; spread on bread covered with lettuce leaves.

Unpleasant sensations: take a few well drawn breaths with relaxed muscles; sit in chair, back straight, and breathe a few minutes.

Eye trouble induced in June by straining voice. If eyes trouble you, do not bathe feet in water; rub with towel; then with vegetable oil, every night.

Feast on small fruits; no sugar or milk—milk may be taken before or after--if need be, eat with whipped cream, no sugar.

The best medicine is barks, roots, leaves, stems, flowers and ordinary minerals or elementary productions.

Indigestion: eat only enough to keep appetite at high mark. One teaspoon pineapple juice before meals; one pint lemon milk daily for a month; wild mustard leaves.

Dyspepsia: use yarrow and mint liberally with vegetable dishes, and chew calamus; eat bleached part of seaweeds with unbuttered, unfermented bread; and eat wild mustard leaves.

Hay fever: cold water sponge baths three times daily; light linen clothing. swab nostrils with brandy; take a saleratus powder at night; bathe in a lake or running water 10 days; duck under a few times; dry with hands.

Eliminate poisons from system by exposing body to sun, particularly the back; use pulses and vegetables of the season, use grains sparingly, no dairy food except cream, buttermilk and clabber.

Meet every inconvenience with change in rhythm of breath and abstain from liquids, particularly hard water. On hot summer days take breathing exercises only in morning, but breathe out frequently. Drink as little as possible, but preferably from babbling brook.

Rheumatism and those with occasional touches of neuralgia should rise early and put mud on limbs as high as hips and run about in sunlight till mud dries and falls off; do not wash off the dirt, but rub off; rub body thoroughly with finely chopped plantain leaves; put on linen mesh undergarments and get to work; at night wash body with as little water as possible; annoint with almond oil.

MAZDAZNAN SCIENCE AND FAITH

MAZDAZNAN — THE ONLY STRAIGHT WAY

Since we exist in a World of Vision, a sense world, we hold that Success depends, to a degree at least, upon the control we have over our senses and habits. We hold that God and Nature has endowed man with Twelve Senses, seven of which are commonly known, as Seeing, Hearing, Smelling, Tasting, Touching, Feeling and Intuition; while the Five Intermediate Senses are less known or considered to be phenomenal, yet known to the Student of Nature's Finer Forces in Man, as Thought Transmission, Telepathy, Spiritual Discernment, Clear-sight and Realization.

The development of all these senses, in part or in whole, depends upon the individual's Dynamic Capacity, which is determined by inclinations peculiar to Temperament. Breath is the underlying Principle of Life, and the rhythm in the inspiration and expiration, with the intervening retentment and arrestment, determines the development of body and mind. To the extent that one's body suffers discomfort, ache, pain, disease—to that extent there will be found insufficient dynamic action in the expiration. Carbonaceous and other gaseous accumulations not only interfere with the oxygenation of the blood but infect it through deposits made by effete, morbid, acrid and

other matter. In cases of physical discomfort or disease we use the "Yima Exercise" which brings immediate relief, arrests pain, disease.

To the extent one's mind suffers or lacks power to utilize its latent forces, or control one's talents for good, it is because the inspiration is too low and the dynamics lack the power required to keep the Mind in Tune with Harmonic Laws governing the Individual. When depressed, downhearted, disappointed, irritable or void of thought, when mentally overtaxed, it will prove not only a panacea but the only means to set heart and mind at ease through the use of the Mazdaznan Airyama Exercise.

After some tests and attention paid to Postures, particularly keeping the chest in place and the chest muscles in check, the student will readily understand the great difference in Chest expansion and Lung capacity; the latter being our aim so as to give freedom to Dynamic development and eliminate all adhesions. It will readily be seen that training certain governing factors of our mechanical organism a certain physical and mental speed may be attained that will assure to the man of the hour all he aims for in this life, assuring to the thinking mind that he who takes advantage of all God-given powers must win here, now and forever.

The man manually employed should make it a religious habit to breathe out a prayer of the

length of the Lord's Prayer upon one single exhalation and do so three times in succession every three hours during the wake or whenever showing signs of fatigue. Those who entertain scruples regarding the Lord's Prayer may select two or more quatrains of Omar Khayyam's Rubaiyat or such Aphorisms that are to one's liking.

After some more good results obtained thru these simple practices, the better thinking and ever aspiring man realizes the necessity of Systematic Training, the same as he does when desirous of becoming proficient in music, painting, sculpture, etc.

We shall now be ready to take up the Study and Practice of "Mazdaznan Rhythmic Breath Culture and Health Exercises" which give a complete outline of the relation of all component parts of the body to that of the threefold nature of the Mind, the endowments of the Soul and the attributes of the Spirit, until man's Entity or Ego recognizes the Divine Spark within and with it realizes man's higher Destiny on earth and—as if born again, but of the Spirit (Breath)—becomes quickened unto a desire born of God, to direct all his inherited talents and those now acquired and acquiring, for the good of his kind and kin, and the Glory of God.

All these studies are offered voluntarily placing no restrictions upon pupils, who remain non-obligatory, as the work of Mazdaznan

is absolutely Catholic, purely educational and philanthropic, having but one object in view: *The Coming Race*.

The subject of BREATH is too serious to be treated superficially. Science, with all its praiseworthy achievements, has as yet been unable to define that which giveth Life, sustains Life and perpetuates Life, and though it may know the proportions of the elements in the air, it cannot infuse life into a single cell, or in the words of Jesus:

“The wind bloweth where it will and thou hearest the voice thereof, but knowest not whence it cometh or whither it goeth.”

And in the words of the Rubaiyat:

*“For to the smallest insect nought can they impart
The Breath Divine—whence it to thence depart.”*

Mazdaznan Science and Faith is for young and old; man, woman and child. To the child it will make even the most difficult studies mere play; the mature in years will soon find himself in a position to use his talents and make good all his deficiencies; the narrow-minded will turn cosmopolitan; the shallow-minded will become tolerant; the pessimist grows toward optimism; and the religious enthusiast tones down, while the materialist returns to first principles; the old and decrepit grow young, hale and hearty; and whatever the desire, wish or longing, man realizes that all things are within his reach, as the Prodigal

Son was the "Father's House where there is plenty to spare," yet to reach this House of Endeavor the Prodigal Son had to 'arise and go!'

Mazdaznan points "the Way unto Truth and Life," but you determine the "arise and go." Mazdaznan cannot persuade you; it dare not influence you or beg of you to "arise and go." Mazdaznan can only invite you to "Come, and take of the Flow of Life freely."

MITHRA SEASON

With the Twentieth Day of June Mithra comes forth in all His splendor. Born of high endeavor He comes endowed with all the powers unto life, giving of His storehouse of plenty unto all who may be able to appreciate the treasure of the universe. This is His day of birth and all nature celebrates His life eternal in the midst of all creations. To plant and beast He imparts the abundance of His light unto life as profusely as Vat carries seeds from place to place. All nature receives with thankfulness the gifts of Mithra; man alone stands in his own light and knows not the way unto redemption. Awake, O man, at this height of season and behold Mithra coming forth out of the Universal Womb declaring Salvation.

APHORISMS

God is not capable of creating man till he has laid the foundation.

Man is the polarization of Infinite Thought and of the finite worlds.

Man must have existed and in consequence must also continue to exist.

Man is the polarization of everything in the two extremes of Nature.

Everything in humankind is necessarily the result of the operations of Nature.

The tree came from one seed, not several. I sprang from One Infinite Source.

We are here to take up the thread of perpetuity, of creative energy.

Arise in all our majesty, that we may reclaim all this earth.

I must have someone to interest and enthuse me—that one must be myself.

I'll take care of myself in my own way. No one else will care for me.

It is pitiful to see a poor, self-forgotten man begging in a world of plenty.

Man does not think what food is composed of,
how it has been created, and does not eat
thankfully.

Corsets compelled women to throw out their
 chests, till now they feel they are man's
equal, as they should be.

This ~~world~~ world and worlds to come, all are mine.
All is mine. All belong to that Infinite
Intelligence which created them.

I have something to work for—myself! I
have to get possession *of* myself; have to
learn all the correspondences *in* myself
and nature.

What is possible to human mind has not yet
been conceived. We have just begun to
reach out and grasp the possibilities that
exist in space.

Seek growth. Be pleased that the other fellow
is growing faster than you do. His ad-
vance will be evidence of your own possi-
bility. You can travel faster if you have
a pacemaker.

The senses do not go back of the microscope
and telescope; Religion does not go beyond
the creation of man. There is something
back of matter and of creation. It is
Thought, which ever operates without
ceasing.

---MASTER'S SAYINGS: *Culled By Prof. Johnson.*

RECLAIMING THE BODY

Our bodies are made out of the elements of nature—earth. Hence we must reclaim them; and to this end we continue to labor. We now *use* our intelligence and understanding for this sublime purpose.

We have learnt the art of *correct breathing and proper eating*, for it is through *these* that we are to accomplish this great work. Our planet Earth through its own efforts created its own atmosphere and so must man through his own efforts create his *own* atmosphere. Just as the earth generates its own light and heat, so must man generate his own light and heat—must find his polarizing point—his center. To find the Center of Being in ourselves, is to find our equilibrium—is to become polarized. Polarity means harmony and harmony means poise of body, mind and spirit.

Only a few from out of the world's multitudinous mass have found their polarity. These are the mighty ones, whose intelligence has guided the world's genius, governing and controlling all physical conditions, through recondite laws that are ever amenable to the action and power of superior minds.

Wonderful are the days in which we live! Light is flooding the whole world! Ignorance, error and superstition flee before the great on-coming tide—*victory* is emblazoned upon the countless waves of *light and life*.

SOME FUNNY RIPS

THE MAN who has no mind of his own has to think the ideas given to him by others.

IF YOU want to know something then just keep still and listen.

GREAT MEN die and others go the same road.

THE ONLY way we can prove "How to live a hundred years and keep young" is to look at the young ones.

WITH TARIFF reform we shall have something to talk about, less to think about and all the more to pay out.

IT'S FUNNY how serious we take the doings of others never thinking for a moment that we too reflect unto others as they *reflect on us*.

THE MAN who thinks he is being constantly talked about has a very high opinion of himself yet his brain measures no more than the high brow of a cow.

LIFE IS no longer measured by years but by accomplishments, not accomplishments in hoarding up money but deeds of productiveness which will prove of benefit to all members of society and not merely a particular set.

IF THE long vertebraed man is the connecting link between the real man and the monkey, what connects the latter to the rest of animal creation or where is the link?

THE RAILROADS tell the young man to go South or West and encourage him "to go back to the land," while correspondence schools show the country lad the advantages of city life and how life may be spent in leisure.

THE TURK surely is the Turk for who else would have thought of calling on the Powers to make the terms of settlement but a Turk. True the "sick man" is deposed but his tactics are still in vogue and even the "young Turk" laughs up his sleeves.

AND "WHAT is the dear little one to be when he grows up," said the lady from town to the proud father in the country. "Well" answered the farmer, "If he be good, he will take my place, I reckon, but if he turns out good-for-nothing we'll send him to the city and have him study for a minister or a doctor or a lawyer and such."

THE MAN of little sense and less consideration will bore you with questions about this and its relation, and yet though giving it to him quite plain an ignoramus in the end he will remain.

WHILE Germany, England and America are busily engaged in building warships and issuing contracts for more guns, Russia extends its railroads and opens up new fields for the production of wheat, barley and rye; not that she wants to be going through the rye, no, but supply Germany and England with foodstuff in case they should engage in fistfights

GOD HIMSELF made man perfect, as perfect as any other thing in nature and endowed one and all objects of sense with the good qualities of self-preservation. But man developed his sense of taste at the expense of common sense and in consequence thereof has to go a long way to find out what he must do to evade the penalty.

AND WHEN in doubt on knowledge just remember the Arab Proverb:

He who knows not, and knows not that he knows not; he is a fool, shun him.

He who knows not, and knows that he knows not; he is ignorant, teach him.

He who knows, and knows not that he knows; he is asleep, awake him.

He who knows, and knows that he knows; he is wise, follow him.

MAZDAZNAN YIMA EXERCISE

First adjust the position of the body in a manner assuring ease.

Throw your chest out and up.

Hold muscles of the chest tight and relax the rest of the body.

Keep the tongue relaxed and confined to the lower part of the mouth, or roll it up close against the palate; taking care never to tense the facial muscles.

Now empty your lungs slowly but thoroughly and until it seems utterly impossible to breathe out any more. That moment reached, arrest all action for ten seconds or as long as can be borne without tension or much effort.

Then inhale slowly, taking care not to move the chest, as that chest, once fully expanded, is to retain that position, inhaling or exhaling.

Immediately after the inhalation exhale as thoroughly, or more so, as before.

Go through the ordeal at least three times and not more than five times in succession, repeating the exercise, if needs be, an hour later, and whenever physical discomfort approaches.

The Prayer Formula "Restoration" used in connection with the above exercise, repeated three to five times a day for ten days will improve circulation; in 33 days eradicates digestive disorders, in 49 days checks pulmonary troubles; in 60 days nervous diseases; in 90 days scrofula and infections of the blood; tuberculous, cancerous diseases accordingly.

CALIFORNIA FOR THE CALIFORNIANS

California offered no inducements until the European (white man) traversed the great American desert and under great unspeakable hardships reached the Western slope which with untiring efforts he turned into a golden state. It was no small matter to turn the deserts into a paradise, and now after many vicissitudes the white man begins to enjoy the fruits of his labors. Still no sooner does he begin to realize a profit from his hard earned investments than he is visited by the "yellow plague" who come to harvest where he neither plowed nor planted. The stand taken by the Californians is justified and only the old-timers there know the situation that confronts them. The "yellow plague" is not a question of *race* but a question of *rights*. It was agreed that "Asiatics" were neither to be admitted to citizenship nor were they to own our lands. This present situation has been brought on through the nearsightedness of our people, ever ready to exercise sympathy. Instead of turning attention to our present needs, following the maxim that "charity begins at home," we let these young *chaps* do our chores, feeding and clothing them, sending them to our colleges and institutions of learning, and when their measure is full they go into busi-

ness for their Emperor, looking down upon us with insulting glances, having learnt to *use us* for their own selfish ends. The *Jap* is a good *chap* in his own country, but our ways are not becoming to him.

HOT SHOTS

But not as hot as those fired in the Balkan.

Still the Sun's rays can burn holes into the skin that show for a season or more.

Now that sugar is cheap we shall be able to get everything sugar-coated.

Some people *have* a hard row through life, others *wood row* through the tariff.

The reason the English Parliament has been loath to give the Irish home rule was because the latter have it in America.

Whenever you feel incapable of the task before you, knowing the responsibility attached thereto, make use of the -----Referendum!— With the accent on the *dum*!

The "yellow press" in its editorials some time ago boasted of refusing whiskey advertising in their columns. Some "preachers" and some "lodges" fell in on that and straightway declared themselves in a flow of praise in favor of the good step taken. — Wonder how they feel when picking up the Sunday issues of that press only to find whiskey advertised.

A man too narrow to apply himself to useful labor is compelled to do mischief, as nature will not allow him to be at a standstill.

A mean person once said that the United States are owned by the trusts, run by the Irish and all others were privileged to pay rents and taxes.

In politics there are only two classes of men to be found: those who were unable to make a good *profession*, and those who *failed* in business.

Only two kinds of people go into newspaper business: those who are bent to mischief and those who in their youth were made to apply themselves to any useful labor or business.

No matter when and where you pick up a newspaper, it is full of corruption in all the walks of life, business circles and particularly in governmental circles. Justice Holmes speaks a great truth when he says: "Judges are apt to be naive, simple-minded men." — Well, he ought to know, he who sits on the supreme bench.

I do not pin my dreams for the future to my country or even to my race; I think it is probable that civilization somehow will last as long as I care to look ahead. I think it not improbable that man, like the grub that prepares a chamber for the winged thing it never has seen but is to be, may have cosmic destinies that he does not understand. And so beyond the vision of battling races and an impoverished earth I catch a dreaming glimpse of peace."----Justice O. W. Holmes.

The wisest answer an archbishop could give to the question whether he believed in hell was to refer to the-----catechism.

California is trying hard to make use of tactics quite effective in '49 but they seem to loose sight of the fact that this is 1913 and times have changed with them.— So has Japan!

Man is the child of nature and hence the necessity of understanding his relation to nature, that he may govern and direct the forces of nature for good, conquering her limitations and making use of the law of utility for greater and grander achievements.

The old church is working wisely while her protesting children are fast asleep, having used her influence to the extent of having the American Bible Congress at Washington to *abolish hell*; as it is conceded that not all protestants can go to heaven, and hell existing no longer—the only thing left for them will be—*purgatory*.

The Ruler of Montenegro is lauded as being a very wise man, as shrewd as a Yankee and as evasive as a Turk. He is supposed to have played a trick by allowing all his representatives to cash the highest sums payable on money orders and by the time the vouchers returned for clearing he declared the Postal system bankrupted and Russia had to foot the bills—he keeping the money in his own pocket. But this is not all; in a private family talk he or the family delighted in this idea: we have the ot hers fight to get us the law, thereafter *we* dispose of it for a good sum and continue to tax the owners.—“Well done, thou faithful servant!”

PERIODICITY

To control the creation of humanity is a philanthropy beyond all others. But they who lead in such a reform are liable to be assailed by all the combined ignorance and bigotry which hides itself under a hypocritical mask of pretended Christianity, and seeks to persecute all who bring the discussion of such subjects before the people who are interested, instead of having it confined to the medical profession, to whom it is a question of professional business.

It is more important to be well conceived than it is to be well born, for that conception may carry us to the loftiest destiny—if an evil conception our doom is sealed. Both conception and birth give critical dates, and both should be studied to determine our life period and policy in years and months.

As conception is usually nine months earlier than birth the reader will perceive that one who is born on January 1st was probably conceived April 1st in the preceding year. The month of conception therefore comes, the nine months earlier, three months later in the same year than the month of birth.

Dr. J. R. Buchanan, well known as a physician and writer of many valuable and voluminous works, made the discovery treated of in his book known as "Periodicity, the Law of All Universe." It was of the interest taken of his wife, a woman of ability, in the phenomena of Periodicity that the book first saw the light.

The appearance of the work created a sensation and a second edition became necessary; this was soon ex-

hausted but a reprint was prevented by the death of the author shortly afterwards. Thus the book was out of print for many years, much to the regret of those interested, and we are glad to know that a new edition has been made, in pleasing form, well printed and bound.

The author gives evidence of the fact that Friday, the sixth day of the week, is unlucky; likewise, that the sixth day following the day of the week on which a person is born is his day of weakness or, as the medical man calls it, day of least resistance. He further states that the law of the unlucky six applies also to the years of our life, so that the sixth year and its multiples are the years of misfortunes, diseases, etc., and times for exercising increased care. In a philosophically and logically correct way he differentiates between the life dating from conception or as he calls it, our life, spirit life, internal life, original life force, vitality; may be recuperative power would also be a good name, and it would represent health and its happenings; and the other life dating from birth, which he calls external, Day or Sun life, and this would represent the business relations, etc. Deducing from the experience of the unlucky six in the periods of 7 we arrive at the result of the unlucky 40th and 41st years of life in a sum of $6 \times 7 = 42$ years. The author also makes corresponding subdivisions in groups of the days of the year, as also in the hours of the day. A very practical Ready-Reference Table in the book enables the reader to ascertain any day of the week from 1752 to the year 1952. Very interesting is chapter 9 on the influence of moon and planets, on tides, weather, vegetation, earthquakes and life. Chapter 12 shows that the law of Periodicity also

governs the fate of nations and states and gives as example thereof the history of the United States. To Phrenology are devoted a few pages, and the vegetarian mode of living is commended. We recommend the book to all our readers; they will certainly find it not only interesting, but get much impetus from its reading.

By sending \$1.10 to the Mazdaznan Press, 3016-18 Lake Park Ave., Chicago, Ill., the book will be sent without delay. Add 10 cents more when sending check, making it \$1.20, as we have to pay 10 cents redemption.

LOYALTY

In the name of peace, love and liberty, salutations and greetings unto the Household of Mazda.

I am from Switzerland, and I am a Swiss. You know that a Swiss (even a Swiss in Mazdaznan) is very fond of his country, and of course also very fond of his national flag, the White Cross in the Red Banner.

As usual, I was reading the April Magazine with interest and pleasure. Coming to the page 110, I was so happy and felt so thankful in reading the nice words of praise, spoken of the Swiss People, while on the other hand, I was surprised to see, that someone had changed my dear old banner into the Sanitary or Ambulance Flag; the Red Cross.

I should be very happy if you would kindly correct this mistake in the next number.

With blessings of the season, I am,

—Hugo von Arx.

THE JOYS OF GIVING AND RECEIVING

Days have grown to weeks and weeks to months, since Christmas Gahanbar in Chicago, when we thought that never again would we see such beautiful scenes enacted. The little fires and candles amongst the green of the plants, the Master flitting here and there to add a touch to one and then the other---all was so sacred and holy, and will ever linger in our minds and be pondered in our hearts, touched with the sadness that never again would we see anything so sublime.

But at *Palm Sunday and Easter* came the surprise. The whole Service is indescribable for its beauty and simplicity. Every item bearing upon these events for over 1900 years was brought to mind and view, and "Hosiannah, Prince of Peace" was sung, resung and sung again---the chorus repeated and repeated, while verse five was sung over and over again with greater emphasis; then Thursday and Friday evenings, and again Easter when "Easter Bells" was sung with same fervor: our Master in the lead, singing as never before. After all this, the trials and everything heaped upon him, he came again yesterday speaking to us morning and evening. We do appreciate all this, altho not able to show our gratitude, but we are more thankful than we can express.

---Aunt Ellen Ruth.

ANNUAL BANQUET

Saturday, May Tenth, marked another day of joy among the Mazdaznan Saints in Chicago, an Annual Banquet having been rendered in honor of the Master. The auditorium was used for a dining room and every one present remarked at the beautiful decorations and the sacred atmosphere enveloping the banqueters. The ladies of the Mazdaznan Congregation were the donors of the dinner; Mrs. Nye and Mrs. Tabor served as Caterers. The dishes prepared were in accordance to the program of the season and read as follows:

Pineapple Cocktail

Spring Vegetable Soup

Bread Sticks

Olives

Radishes

Stuffed Tomatoes with Cheese Straws

Champignons and Green Peas

New Rolled Potatoes

Asparagus on Toast

Homemade Bread and Rolls

Strawberry Short Cake with Whipped Cream

Boston Coffee

The Master in his remarks brought out many valuable Hints to the rising generation, impressing upon the mind the necessity of absolute liberty and freedom to be gained through a life of independence, applying one's talents and gifts to the best advantage possible, that life may prove an endless chain of joy.

THE BIRTHDAY OF JESUS

Has been celebrated Friday, May 23rd, by most of the Congregations throughout the Mazdaznan world; still some of the Centers postponed celebrations for Sunday, May 25th, especially in the metropolitan cities, so as to give all the Faithful Saints an opportunity to celebrate in communion. The Templars in Chicago celebrated with all the pomp and sacredness of the occasion, the Master revealing the life of the Savior whose *mission* suffered persecution in His day but whose *name* is recognized in our *enlightened* age.

In these days of culmination our people need to look well after the Rhythmic Breathing and Proper diet. Perhaps we may be pardoned if we say we need to turn our attention more vitally to the study of "Science and Faith." A daily perusal of "Health and Breath" will also impart to us many a refreshing draught.

As the world passes into its night-time, the children of Mazda are to pass over the "Khinvat" into the blissful joys of *life's realization*. As all about us are strewn the wrecks of time, we are to rise with each succeeding wave of conscious light and life embodying and crystalizing through the power of Concentrated Breath the life-imparting essence; thus shall the vitalizing spirit of Health, Joy and Happiness take up its abode in us, making even of this Earth a Paradise fit for "God and His Associates to dwell therein."

As the vibrations of the world grow more and more sordid and weighted with disintegrated elements of decay and death, we, as Mazda's children, are to draw the mantle of self-protection about us, rejoicing in the saving grace vouchsafed unto us through the great message that has given us the strength to conquer, that through our redemption we may in turn aid in the further redemption of the race.

M A Z D A Z N A (Master Thought) AND THE M MESSENGER N

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APPRECIATION

Hail to Household of Mazda, ten thousand times hail!
The dear Magazine was so welcome. I read it over many times and each time draw new strength, courage and greater faith from its sacred pages. The influence of its loving thoughts permeates the atmosphere with a peace divine and there steals over one a hallowed presence such as is only felt when in prayer we kneel before the shrine of Mazda.

Never before have I enjoyed nature so much—never have I sensed the at-one-ment with our blessed Earth-Mother as now—breathing in the sweet breath of Vayu like divine inspirations that spring and blossom into life as Khorshed bathes us with his benediction of living light and warmth. O, the joy of greeting Khorshed as he rises in all his splendor, over the vast expanse of water! To find our God everywhere is truly to see Him face to face, and hear Him speak.

O, the beauty and fragrance of this perfect June: Queen of months; and the month our Blessed Mother Maria came to bless us with her love and compassion! How I wish thou couldst be here in person, as I sit alone in the midst of this “magic garden” of unsurpassing beauty. Perhaps it is the magic of the moonlight blended with the fragrance of rose, honeysuckle, and other flowers which causes me to imagine this

fairylane in Nature! My heart is full of gratitude to Him, who so thoughtfully prepared such a royal treat for His "little one." Such a serene, divine scene; the voices of night lifted in praise to Mazda: the spirit of the Earth, Moon and Vayu come and whisper their sweet secrets to my listening heart. It is indeed a lesson from the Open Book of Nature and such joy to know that the Earth is the Lord's and the beauty thereof. I thank Him for our pure and loving Mother-Nature, who has power to inspire her little ones and lift them to the very throne of Mazda. How happy and blest we are to be classed among her worshipers, and to be worthy of her condescension.

I am happy and carefree: to the winds and waves I cast all my fears!

Can only be with thee in spirit at the Gahanbar; may it indeed be a glorious, harmonious and joyful season to one and all; and may the royal loving heart of our Blessed Master be rejoiced.

Even if we cannot be with you what a joy to know that we will not be forgotten.

May thy loving heart be filled with great joy. May the 20th of June bring unequalled happiness and prosperity and yet be a forerunner of greater blessings to come, is my wish.

—Thy loving child, Olive.

AINYAHITA'S LAUD TO MITHRA

O Mithra, Thou who art the Most Illustrious among all the Intelligences of Creation, who art endowed with Faculties of perpetuating the ever-changing forces promoting evolutions!

O Thou Blessed One, whose Thoughtfulness gives the spark of life to all creations!

I laud and praise Thee! I appreciate in all my humbleness Thy favors bestowed upon me and all my kin since the world began.

Thou Most Illustrious Lord of Nature! Thou who art the Talent of the Lord of Creations, even Mithra, the All-Illumined, bless me, that it may come to me even as our Lord God Mazda has designed! It is my desire to keep the friendship of Mazda and His innumerable victorious Associates, but I feel my insignificance in the Presence of Thought Divine.

O Mithra, Mithra, with a contrite heart I confess that I seek not honor, I seek no reward. My pride, if such it be, is absolutely of an unselfish nature. I seek naught for myself; neither have I any desires, other than those of solving the perplexing problems of life, that in so doing I may be permitted to pave the way unto generations to come, thus brightening their pathway and ease their self-imposed burdens, that the yoke of inherited stubbornness may be lifted from their necks and thus the weight of ancestral superstition be cast off and they no longer waste this life in ignoble pursuits, terrorizing fiction, but in its stead have engraven upon each heart, the Covenant above all covenants: "I am here upon this earth, to reclaim the earth, to turn the deserts into a Paradise, a Paradise most suitable unto God and His Associates to dwell therein."

HINTS OF THE SEASON

BY HIS EMINENCY REV. DR. O. Z. HA'NISH

Cooking, no; live on uncooked dishes.

Breathe out in a relaxed state and inhale with more force when the least uncomfortable.

Outing: go to hills and woods; wade in cold springs and brooks.

Generative disorders benefited by tansy, buttercup, sorrel, mustard leaves as salad.

Bathe in morning sun, not later than noon; afternoon sun is not invigorating.

Hiccough: wild mustard leaves eaten before and after meals, alternated with mint leaves, will cure chronic hiccough.

Wheat: a few blanched almonds, ground and mixed with toasted wheat flakes or soaked wheat, makes a nice dish.

Rose: wild rose blossoms eaten before and after meals will clear the blood and give a fine complexion and pretty tint to the skin.

Watermelon and lemon juice together will eliminate uric acid, curing rheumatism and dropsy; live largely on watermelon and avoid other food as much as possible.

Tomatoes can be eaten by nearly everyone; do not eat skin or seeds. Tomatoes of value in intestinal and liver trouble; yellow kind good for duodenum or jaundice; eat them alone.

Depression: take crust of bread or matzos; seek quiet and breathe in the breath of vegetation, listen to the birds, watch squirrels, chipmunks, toads, bees, butterflies.

Free perspiration, frequent rubs and change of garments will add to beauty of skin; clabber with dash of nutmeg will be refreshing and aid alimentary organs while skin will remain active

Hot bath: a quick hot bath and cup of hot mild tea is the best thing on real hot days; on stifling, humid days drive out heat by an extra spiced hot dish.

Vinegar bath: at night take sponge bath of vinegar, dilute with two-thirds water. Rub well with towels, then with own hands: strew a few fresh rose leaves over your bed.

Beets, turnips and carrots, grated raw, seasoned with lemon juice or rhubarb juice, will prove a cooling food.

Plantain leaves bruised and made into a poultice with rich cream will heal all kinds of sores, severe cuts, fatal burns and even heal cancer in first stages.

Rice cooked and flaked, is the best grain to use with fruits and vegetables. In cooking rice it must be boiled in exceptionally hot water, so as to be well done in 20 minutes.

Potato peels: eat a handful of potato peels and a handful of cucumber peels daily for indigestion, dyspepsia, rheumatism, consumption, hay fever. Take a cup of clabber to make it a meal.

Savories should be used freely with vegetable dishes; mint with peas, sage with beans, anise with carrots, fennel or dill with potatoes, carraway with turnip, mustard seeds with celery and corn, thyme with tomato,

Feet: soreness of feet due to perspiration, walking, etc., can be eliminated by bathing them quickly in a gallon of hot water containing 1 teaspoon borax. Dry quickly and anoint with yolk of egg.

Bunions: get rid of bunions and frost boils by wearing sandals; at night bathe feet in hot water; apply raspberry juice to these blemishes.

Dyspepsia: eat no bread, cereals, cheese or potatoes in July. Use raw foods daily—a salad of finely sliced cucumber to one thin sliced raw potato and half a green pepper; serve on bleached lettuce (use potato peel.)

Potatoes with cream and buttermilk soups will prove cooling, refreshing and to rheumatics and consumptives a curative, but do not drink coffee. New small potatoes boiled in their skins with a sprinkle of dill seeds until water is steamed away, eaten with clabber, are refreshing and will improve assimilation. The fleshy will not get fleshier; the thin will grow plump and pretty.

Out of season: pasteries, cake, raspberries, wheat, pickled relishes. Prepared eggs, as food, are not in season; they may be used raw to some advantage, particularly when highly seasoned with pepper and in connection with fruit; otherwise it is best to leave them alone. Do not use heavy, filling foods in July; do not use water or milk in cooking; better still, do not cook. Bake as few things as possible, using no water and but little butter.

Water: if thirsty after meals, dip finger in running stream and lick finger. Water should not be used unless made into drink by adding a cup of bran to one quart water, well stirred and allowed to stand half an hour. Use absolutely no water; instead use juicy fruits or vegetables in their natural state.

Stomach desires particular attention in July and a mild hot tea, rather than cold drink. Should stomach distress you, take a pinch of borax every minute for three to seven minutes; half hour later take juice of half a lemon with five pinches of salt. Wild mustard leaves eaten before and after meals, alternated with mint leaves, will cure stomach troubles.

Cancer: treat fibroidal growths, scrofula and cancer in July. Take hot baths at night and hot sour lemonade before retiring. In morning before sunrise drink dew from grass blades and flower cups; walk in dust or sand; let sun strike your back. Pluck petals of buttercups, honeysuckles, bluebells, roses, nasturtiums; feed on them. Meal later in day to consist of sweet or field corn, dipped in boiling water, gingerbread, spinach, raw beets, watercress salad. Walk barefoot in fields; don't fear colds as colds will act on bowels and arrest disease.

MAZDAZNAN

What Is It, and Of What Interest Is It To Me?

Mazdaznan (from a Zend word meaning Master Thought, or The Thought that Masters) is an all-embracing system of *Thought, Word and Deed* that takes up the golden thread of life at the cradle, following it through all the planes of development and the vicissitudes of human experience until the evening shadows of life gather around the individual and the kindly arms of the night reach forth to claim him and bear him on to a new day of usefulness in another sphere.

Mazdaznan is the oldest and most comprehensive system of life ever given to man, embracing as it does every essential truth found in all systems of philosophy, sociology, science and religion, the world has ever known.

Mazdaznan is above all things intensely practical. It aims to supply the crying need in this present age of each and every individual in every stage of development. Nothing is taught or considered that cannot be used to-day—here and now.

Mazdaznan postulates that as man is the product of evolutionary processes working through eons of time and therefore contains within himself the sum total of the experiences gained in all past forms of earth life from the protoplasmic network of the protozoa to that of man,

true, rational education consists in drawing out and vitalizing these experiences, and developing the latent powers and dynamic energies acquired in the struggle for existence thru each plane of progression on which man has manifested.

Mazdaznan holds that to do justice to the individual, to provide him with an atmosphere in which he can properly unfold, education must proceed in this manner. Through useful effort along rational lines, his experiences must be drawn out, quickened and indexed, his consciousness expanded, his energies vitalized, brought under control and practically directed to supply the need of his being.

Mazdaznan is for the girl, for the boy, for the man or woman at any age and in every condition of life; for the mother, who is to mould the character and tendencies of the unborn.

No matter where you stand today, even at the very lowest round of your development, Mazdaznan will give you something which you can grasp and which will lead you out of the vapors of accumulated ignorance and superstition toward man's estate.

If you are a thinker, overbalanced as most thinkers of this age are in mental development lacking the physical foundation to back it up, Mazdaznan will bring it within your power to control your physical being. It will enable you to acquire perfect health, self control, poise, it will teach you the conservation of life forces;

making you an all-round man or woman, at the same time enriching and broadening your mental conception.

Mazdaznan holds that this body in which are locked up all our former experiences, in which all powers and responsibilities lie awaiting the magic touch that will set them into vibration, is the real object of education, the thought processes being reached through the physical senses—of which there are twelve, although the world knows but six or seven.

Physical control is based upon the control of the breath, breath being the *first* link that connects the human animal with earth life and the *last* one to break as he passes on.

In bringing the body under control, Mazdaznan uses certain postures or exercises, in all of which rhythmic breathing is an element. The care of the body, the ozonizing and sterilizing of the tissues, the overcoming of inherited tendencies and diseased conditions, the establishing of the individual position through the breath, are taught in progressive lessons, which even the most feeble intelligence may lay hold of, and which at the same time contain for those with deeper insight, the most profound philosophy of human existence; for in Mazdaznan exercises the *spiritual* as well as the *physical* is always considered, so that development proceeds normally and harmoniously.

The care of the body is studied and the

question of dietetics is taken up in a far more thoroughly scientific manner than is being done by any other school or cult of the present age. Mazdaznan Method is to go to the very heart of things, and instead of beating the air with meaningless scientific terms, it seeks to develop the dormant thought centers of the body itself, awakening the long lost intuitions, which in a purified, healthy body with brain cells in tune, earnestly striving for the higher life will unerringly select the proper foods and maintain the proper attitude to answer the need of the ever varying conditions of time, temperament, season, sex, etc.

Mazdaznan refuses to accept authority for truth and recognizes TRUTH as the only authority, since there is no authority higher than *Truth*. While giving due credit to books and teachers, it acknowledges as authority none but the open book of nature, in which all who will may read the word of life.

Mazdaznan is not a cult, sect or denomination seeking to gain followers for any man or set of men or adherents to any system. Any one may join the classes anywhere without responsibility or expense other than whatever voluntary contribution the student sees fit to make. In entering the classes you place yourself under no restrictions or obligations. You take the exercises and teachings, you learn to "stand alone and mind your own" and develop your own individuality.

By freeing yourself from sickness and ignorance, you contribute to society one member who has emerged from blind egoism and narrow selfishness into that great circle of brotherhood and the broad spirit of service to humanity on which the salvation of society ultimately depends. By reforming yourself physically, mentally and spiritually you do your full share in the reformation of the race, thus uniting true individualism with practical collectivism.

Mazdaznan teachers do their work without pay. There are no salaried instructors, no professional teachers or preachers. Every teacher must earn his own living first, doing his share of the world's work, and the only condition on which he can give out the message of freedom to mankind is that he shall do it without pay. Speakers are sent to give the Health and Breath lessons or to speak on the living questions of the day, dealing with science, sociology and religion from the Mazdaznan standpoint. The Mazdaznan theme is always RIGHT LIVING.

For the purpose of combining their efforts and creating a sentiment in favor of right living, Mazdaznan students and all those who wish to live the life have associated themselves into an organization which is without creed or dogma, and which has but one test—that the individual shall be in search for truth, prepared to receive it in whatever guise it may come and earnestly strive to live the Right Life.

MAZDAZNAN AIRYAMA EXERCISE

First of all adjust the body. Throw out your chest to the highest point possible, drawing in abdomen tightly.

Keep chest in position, inhaling or exhaling. As soon as you feel relaxed and lungs have been emptied, INHALE slowly and fully.

Although it may seem to you as if the lungs are filled, try an after-inhalation until you are certain that further inhaling is impossible. That point reached, Hold the Breath, and hold it for at least ten seconds. The longer the better. But be certain you do not tense or gnash your teeth.

Having held the breath for the longest time possible, exhale with ease and immediately thereafter inhale as before and inhale fully, retaining the breath again for as long a time as possible before exhaling.

Repeat this exercise three to five times in succession and if needs be at intervals of six hours, but not oftener.

The Prayer Formula "Realization" used in connection with the above exercise, repeated every morning and night, will bring about conversion and change planetary and occult influences; brings good luck and leads one into good positions; creates charms and brings success; heals the wounded heart and drives away all fear; arrests animal magnetism and puts to naught witchcraft, hypnotism and all the buffetings of Satan; paves the way unto Ecstasy and Realization, etc.

A NATION CANNOT RISE ABOVE THE LEVEL OF ITS WOMEN

We have heard the above statement many times over; have seen it in print; have used it in conversation, doubtless; but have we ever really, seriously considered its significance? Have we ever asked ourselves, "Am I doing my part toward bettering conditions in life?" Latterly our Master has written of the great and wonderful things expected of us as women; but are we that perfect being described? Do we, can *we* control all things for our good to say nothing of the good of others.

The Master writes: "It is from women that we may expect a new order of things; it is she that sways society, nations and the world. It is through her determined thought for good that the Saviors of the world shall rise. Woman is the highest type of being; she is worthy of our highest consideration and praise; she is the noblest of beings and the day is not far distant when she will come to the front; and man should welcome this day, for through it he will receive his salvation. Woman has the power and ability to right matters and the sooner that she awakens to her true position, the better for herself and the sooner will salvation and freedom come to man who has for long been looking helplessly about for some way out of the perplexing dilemma."

Now that our attention has been drawn to

our responsible position; now that we know man's salvation is dependent upon us: the question arises, *What shall we do?* Shall we wring our hands and bemoan the fate that has placed us where we are today? By no means! This same Master who has pointed out to us our wonderful possibilities, has also mercifully indicated the way to attainment; a way so simple that it only remains for us to avail ourselves of the means, that we may prove true to our Covenant: "To redeem the earth, turn the deserts into a Paradise, a Paradise most suitable unto God and His Associates to dwell therein."

Then let us be up and doing, and never grow faint-hearted, but make the most of our opportunities, seeing only the good with the assurance that it is never too late to mend.

Primarily, we must realize that "Charity begins at home." The Virgins kept their lamps (bodies) well trimmed and burning. The solution to life's greatest problems is within us, the whole thing lies in this body of ours: it is the key to the whole situation—the key that will unlock to us all the treasures of the earth. One of the first laws of nature, particularly at this time, is that of self-preservation; so let us use the means at hand lest we be found wanting when the call comes.

The first fruit of the spirit is that of a sanctified, illumined body that it may answer the designs of God and make it His Temple—the

Living Temple. Then let us not defile this Temple through negligence or imposition, misuse or ill-treatment. Let us ever remember that the body is the likeness, the image of God ever ready to do His service.

—Vadah Lindsay.

AINYAHITA IN PEARLS

Ainyahita's Pearls came as a gift from heaven. Never will there be another publication like unto this. Could it be named or measured we should have to call it the Treasure-House of the Infinite. But ah! How helpless and unworthy is the most elegant or extraordinary expression of words, as we behold its matchless wealth and beauty. Here we have indeed "a joy forever, a masterpiece of masterpieces." The author has conferred upon this day and generation a compendium of knowledge as stupendous as it is vast, as lofty as it is fathomless, as broad as it is incomprehensible. The super-elegance of gold and royal-blue comprising the cover, the solution of life's problems and its unrevealed mysteries, thru its border of profound symbolism, and the capstone of all—the exquisite portrait of our Blessed Master which in itself is worth the price of the book—these are the embellishments that adorn Ainyahita's Pearls.

—Mother Maria.

EXTRACTS

The enemies of Mazdaznan count neither labor, time nor money in imposing their pernicious tactics against Mazdaznan, and their continued persecutions against Dr. Hanish, prove that they hope through all this to destroy both Message and Messenger. They even go from Germany to America vainly hoping to ruin this Great Work.

They will have all their trouble for naught, for Dr. Hanish and Mazdaznan will continue to rise in strength and power, until all the world shall receive its blessings of peace.

These criminal tendencies on the part of the evil ones only strengthen and create greater zeal to those who have embraced Mazdaznan, for it is a great joy and privilege to stand, even to fight, for the glorious Cause of Truth and its Principles. Through Mazdaznan we have received untold blessings of joy and felicity and we know in whom we trust.

Those whose lives are guided by the Principles of Mazdaznan have proved the power of its teachings and are not affected by personality, for in a work of this kind there naturally are many pretenders who annoy Dr. Hanish by their personal aggressiveness.

Dr. Hanish always teaches that Mazdaznan is the "Living Word of Truth" and its precepts are: "Good Thought, Good Word, Good Deed."

It imposes its teachings on no one and all

are free to accept or reject it. The instructions of Dr. Hanish have not been understood, nor the reawakening of Zarathushtrianism, as this was the original "Christianity." The proof of Mazdaznan is its works and it is to be judged by the same.

Are we to judge Mazdaznan by its false witnesses, its enemies, who like night owls, howl and screech, disturbing the air with their odious sounds and most horrible grimaces? These scare-crows create the most dreadful noises just before dawn which only announces the sunrise in all its approaching splendor.

When people asked Zarathushtra, "Who art Thou, Where didst Thou come from," He did not show them any testimonials nor birth certificate, but declared, "Before the world was, I am; I shall be a terrible enemy to the wicked but a great help and friend to the just, that I may acquire the longed-for holy Kingdom and praise and glorify our Lord God Mazda with songs and hymns."

Everything of a personal nature was ignored by Zarathushtra. He worked and labored to accomplish His divine mission, imparting to the world the pure and holy teachings of Mazdaznan and He is recognized as a Great Light and Unfailing Witness throughout all these thousands of years.

Those who are swayed by personality can never understand the Truth. They who cling only to Christ's personality, dwelling on the

details of His life as most important, will never comprehend the height or depth of His Great Teachings. Humanity in general are blind, deaf and dumb.

Once recognizing Mazdaznan as the most precious treasure, a priceless gift from heaven, we stand ready with all the powers of body, mind, soul and spirit to defend its principles and precepts.

Mazdaznan will live forever.

—DAVID AMMANN

Ambassador to Germany,
Austria and Switzerland

(Commission expiring in 1927.)

SALVATION

The world is progressing rapidly. The purpose of Nature is not to unduly force growth, but to carry it forward with as much speed as is compatible with full development of power in the individual. The individual is carried to apex after apex of experience, and the soul stores away the net result of each. The greater the number of apices reached, the greater the power of that soul. Apparently there is great loss of time and energy here and there and everywhere, but could we observe the finer lines of force, we would find there is no loss, no waste—that every effort, action and emotion is conserved.

All do not encounter the selfsame experiences but all do not experience on every plane of action and emotion. Those who experience most gain most. There is no need to apologize for God who guides the evolution of each atom in Nature is responsible for the salvation of each. The world is not now capable of comprehending the whole process, and if the process were shown, many would become so enthused at the perfection ahead, they would make effort to ignore all intermediate steps and reach the goal in one huge jump. This would of course leave them undeveloped as to the experiences they attempt to evade, and would necessitate there being again given the Cup of Lethe to drink, that forgetfulness of the heights might again come over them so they would be able to continue their development on the lower planes of life.

The bible tells of the 144,000 who are to be saved. This does not mean only 144,000 souls, but the total of 144,000 forces that exist in each man and woman, represented by the 144,000 nerves. Science today knows of only about 300 nerve ganglia; but finally the entire 144,000 will be aroused to action. This means, actually, that the whole of every man is to be saved. And it means all of that, because man is a unit, not a fraction.

This is illustrated in the parable of the 90 and 9, and the 1 lost sheep. The unit is not complete without the lost 1. Add 90 to 9 and

you have 99. Add 9 and 9 and you have 18. Add 1 and 8 and you have 9. Add this 9 to the lost 1 and you have 10 or 1. So the 99 amounts to nothing till the lost one is found. The unit, the 1, is proven by this simple problem in natural addition.

In this age we can figure we have practically all passed the necessary lower evolution and are now on the threshold of the mind, which will include something of psychic processes. First we need to develop reason to its full power in order to handle the psychic with safety to ourselves. This will multiply the developed nerve ganglia in us. Then there will be a spiritual development and more ganglia will be called into action. This is as far as we can predicate at present. There have been individuals, even nations, who have risen to great heights of power, but they either passed out of relation to the earth until the mass could catch up with them, or else, if they returned to life, they too had to drink of the Cup of Lethe in order that their knowledge should not upset the harmonious course and growth of others. Our duty is that of today, not tomorrow. Salvation is the completion of development in all departments of the self.

—Prof. J. A. Johnson.

DON'T MISS IT

If your stomach is weak, digestion poor, assimilation still poorer; the eyes grow dim, the head stopped up, the voice husky, the throat experiences a tingling sensation; head dull and a pressure noticeable on top and back of head, exhaustion coming upon you suddenly so that you just love to fall into a heap—remember such are the effects of membranous affections and are termed *catarrh*. It is the catarrh of the stomach, the throat or nose. Cause is to be found in hasty eating, insufficient mastication, mixing solids with liquids not congenial to each other. To the "corpse" eater it is the overdose of meat fibres that lay the foundation to these troubles. In the vegetarian the fibrous vegetables bring on irritations, especially where the previous food consisted of flesh.

This is the season not only to break away from the fleshpots of Egypt but a time of good resolutions to everyone desirous to rid himself of "all the ailments *ignorance* is heir to."

Arise before sunrise, go into the ocean, lake, running stream; if not conveniently located, fill the bathtub with cold water; rub wrists, upper arms, ankles and chest with the cold water first and then take plunge; keep moving in and under the water; take three good dips; get out of the water, rub body with your hands vigorously until dry. Put on a clean gown or

robe, run about for ten to fifteen minutes. Thereafter rub all the body with Turkish towel. Rub feet well and put on clean stockings, light underwear and dress, making usual toilette. Engage in congenial labor for several hours before partaking of food. If not advisable make it a point to drink fruit juices only and take your milk or coffee hot.

It is best to confine oneself to a very light breakfast, which means that fruit juices should suffice. Only when engaged in strenuous manual labor some may take in addition to the fruit juices, two tablespoons rolled wheat with one tablespoon of bran and some cream. A soft boiled egg too may be used, but where one suffers from constipation it is best to eliminate eggs and use French toast with sauces instead. Coffee may be used providing it is Mazdaznan Dripped, which means that coffee should be freshly roasted, ground fine, put into double or treble layer of cheese cloth and boiling water poured over it slowly, removing cloth with dregs as soon as water has passed through it. If coffee is not to be used black remember that *cream*, not milk, is to be used with it. The cream has to be either heated or poured into a very hot cup and the steaming coffee poured over it at once and the coffee to be drank hot.

For *lunch* always use a combination salad of two or more vegetables like lettuce, sorrel, tomatoes, peppers, grated raw beets, carrots, turnips, radishes.

For *dinner* use steamed vegetables, boiled in their own juice like peas, beans, asparagus, artichokes; baked tubers like potatoes, taros, mandioc, nipins, turnips, carrots; also baked squash, pumpkin, rolled or flaked rice, wheat, oats, corn. For a drink, buttermilk, hot sweet milk, cocoa, tea.

THE TEST OF TRUTH

The wonderful revelations of truth are not and never can be understood by the ordinary unawakened man or woman. Truth as evolution is a growth, a physical, intellectual and spiritual growth. As the body is the highest crystallization and focalization of Nature or Creation—the world in miniature—from out of the infinite space, by its development only, can the things of the Spirit or ethereal power that lie underneath become known. Thus from time immemorial scientific breathing, exercising, dieting, fasting, concentration, hymns and prayers have been practiced by the thoughtful and initiated, in order to attain to the proper realization of life and its governing laws. As nothing is more natural than life to the illumined, nothing is hidden; for everything past, present and future, individually is stored up in the vehicle or temple of God—the

body. All things to be understood in this plane, must be objectized, therefore there can not be anything without form. As has been proved thought has form and color and can be photographed. Every thought we think, every act done, every word we utter, is certain to return to us in some form or other; we cannot escape our own automatic judgment day; for what we sow, we reap! Hence salvation, the culmination of high desire, is based absolutely on "Good Thought, Good Word, Good Deed."

This is the message of all Saviors and Sages. To realize life we must *really* live; to gain life eternal we must know GOD; and GOD the Infinite Spirit must be involved within to be evolved without. One must be specially sensed to understand the great fact of existence, that the body is the true medium or materialization of the Spirit and that by its natural, rational and practical development, all things can be attracted to its use and happiness, here and now, as well as forevermore.

This is the glorious Gospel of Peace and Liberty that Mazdaznan is now giving out broadcast, without price or obligation, and which is the "Acceptable Word" to all true seekers; for Truth or any System of Truth can not be such to the individual, unless capable of being applied and demonstrated, which is the test that Mazdaznan insist on.

"All is of GOD and GOD is ALL."

—GUROMANO.

“THERE SHALL BE WARS AND CRIES OF WAR.”

And so there are which ever way we turn
cries for sacrifice and cries for revenge. True,
the Moloch of the ancients has had his molten
mass of fires distinguished for more than a
thousand years. No longer are the innocent
little babes cast into his fiery hands to pacify
the insatiable thirst for blood by a savage
priestcraft, still it is hard to tell wherein we
have been benefited when in its stead came
the inquisition; to be burned at the stake; to
declare devastation over city and country; and
in more modern days to train the healthy
blood of sturdy young men merely to sacrifice
them upon the bloody battlefield. In view of
this sacrificial offering of modern civilization
one finds comfort in the words of the poet:

“Down the dim future through long
generations,
The echoing sounds grow fainter and
then cease.
And like a bell with solemn, sweet
vibrations,
I hear again the voice of Christ
say—Peace!”

LITTLE SPARKS

"The United States would be a nation of happy men and women, if a less complicated diet came into fashion. Most Americans need the beneficial lesson of being real hungry once in a while. Then even a luncheon of corn bread and milk would be a meal fit for a King."

—U. S. Vice-president Marshall.

Mr. Wood and his wife of Worcester, Mass. spend only *four cents* a day on meals and have done so for months. Of course that is figuring on three hearty meals a day taking for breakfast: fried Indian meal pudding, butter, grape jelly, doughnuts and bread; for lunch; tomato soup, potatoes, buckwheat pudding, doughnuts grape jelly, bread and butter, cracked wheat and milk. Of course they own their own home and raise all their vegetables and fruits, buying only grains and a few staple vegetables.

Only a little over a year ago Mrs. Minta Asha Beach finished her walk from New York City to Chicago living exclusively on raw foods arriving in Chicago in a better state of health than ever enjoyed. Harry Sain, athlete, started from Coney Island on a tramp to San Francisco to prove that man can do hard athletic stunts and thrive on cereals, raw oatmeal, vegetables fruits and nuts, washed down with water and milk. Trip to be finished in September.

A NEW NAME

A Soul struggling up to the sunlight,
Up from the mire and the clay,
Fighting through wars and jungles;
And sometimes learning to pray
And sometimes a king with a scepter
And sometimes a slave with a hod;
Some people call it Karma
While others call it God.

A begger ragged and hungry,
A prince in purple and gold,
A palace gilded and garnished,
A cottage humble and old:
Ones' hopes are blighted in blooming,
One gathers the ripened pod;
Some call it fate or kismet,
While others call it God.

Glimmering waters and breakers,
Far on the horizon's rim,
White sails and sea gulls glinting
Away till the sight grows dim,
And shells spirit-painted with glory
Where sea-weeds beck and nod;
Some people call it ocean
While others call it God.

Cathedrals and domes uplifting
And spires that point to the sun;
Images, altars and arches,
Where kneeling and penance are done:
From organ, grand anthems are swelling,
Where the true and the faithful still plod;
Some call it superstition
While others call it God.

Visions of beauty and splendor,
Forms of a long lost race,
Sounds and faces and voices
From the fourth dimension of space
And on through the universe boundless,
Our thoughts go lightening-shod:
Some call it flames of fancy
While others call it God,

Vibration of Etheric substance,
Light flashing through regions of Space,
A girdle of something, enfolding
And binding together the race—
And words without wires transmitting,
Ariel-winged, Spirit saddled and shod;
Some call it electricity
While others call it God.

Earth redeemed and made glorious,
Lighted by heaven within,
Men and angels brought face to face,
With never a thought of sin:
Lion and lamb together lie
In the flowers that sweeten the sod;
Some of us call it Brotherhood
While others call it God.

And now the sixth sense is opened,
The seventh embraces the whole,
And clothed with the Oneness of Being
We acknowledge dominion of soul,
And in all of Life's phases and changes,
And along all the paths to be trod,
We recognize one power:
One Omnipotent God.

—Selected by Ambassador Hooper Mallet.

CONSERVATION OF BEAUTY

One of the most gratifying verdicts against an unlovely fashion is that prohibiting the supply of feathers or "aigrettes" taken from rare and beautiful birds. It is not worth while to perpetuate a cruel trade for the sake of capricious style.

We need all of mother nature's good gifts in their loveliness to keep our higher nature free from commercial bondage even though we do need "bread and butter." Our world would hold a happier lot of people if they exercised their intelligence over their everyday acts of supplying their needs. Ruthless sacrifice of life brings only its counterpart, revenge, greed, waste, lust and heartache.

—MRS. VICTORIA BEADNELL.

CHICAGO

Dear Master:- As the Mazdaznan people above all others affirm their desire to "turn the deserts into a Paradise," we expect to uphold all ideas and efforts for the conservation of beauty. Then the exercise of the spirit of justice and humane generosity is part of our daily program. It is pleasant to know the noted intelligent women of the stage are making protest on "war and bloodshed." My letters to papers on this subject are tame, compared to what I'd like to say.

To the glory of the highest; —M. V. BEADNELL.

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HOSIANNAH, PRINCE OF PEACE

Awake, Jerusalem,
Let the Prince of Salem in;
Yea, He comes this very hour,
Set His people into power.

Hosiannah, Prince of Peace,
Come His people to release:
Awake, Jerusalem,
Let the Prince of Salem in.

By the Church unrecognized,
By the State He is despised;
Still He enters by the gate,
To announce the tyrants fate.

Ah, ye Gods, shout and rejoice
For He is the people's choice;
Founding now His endless reign,
Hosiannah to His Name.

—*Rev. Dr. Otoman Z. A. Hanish*

SERMONETTES

BE watchful of the things in store for you and thankful for whatever comes to you.

WHEN in doubt as to the way to be chosen to reach the goal, simply surrender to Mazda thy soul.

DON'T worry; never feel sorry, for Mazda will never regret the things that you forget. Be calm; keep your peace; Mazda will bring you release.

FROM two sources comes trouble to man—the unchained elements and the machinations of man.

NEITHER God nor Satan ever tempts man—all tempting comes through a mean woman and the wicked man.

AN ugly disposed person is irritated at the sight of peace among men and will not rest until he has succeeded to create dissention.

IT is within the nature of things that TRUTH and ERROR walk side by side; otherwise we would never grow wise.

THE Evolution of the Idea of God goes with the development of man—to the revengeful man God is a Moloch, while to the man of refinement God is Love.

“LOVE ye one another as thereby the world shall recognize you to be disciples of mine” holds as good today as in the days of Jesus.

CHRIST will never come again since he is revealed to his own day by day, and all who have eyes to see with may see him.

IN the world a man's religion is in his wife's name; with the honest man all his religion is in God's name.

To “stand alone” is to be “on the Lord's side.” To “mind thy own” is “to be about my Father's business.”

EVER since the separation of Home, School and Church the men of the world seek inspiration in demoralization.

THE harmony of a home depends upon mutual understanding; the success of a nation depends upon equal rights to man and woman, and special privileges to none.

HINTS OF THE SEASON

AUGUST— cool mornings, hot noons and sultry evenings.

AIR every part of your make-up; expose the body to the elements.

HOT bath at night; cold plunge in the morning; powdering the skin with saleratus, alternated with borax, sulphur, rice flour and orris root.

EARLY morning walks and evening rides will assist greatly in keeping good health and adding to the joys of our life.

THE milk cure still holds good, but fruit juices must be taken in the morning and a small salad for dinner.

ALL foods should be of the solarized kind, free from preparation: tuberous vegetables, of course, may be baked in an oven.

ALL kinds of fruits in season: figs, apricots, peaches, white grapes. Of small fruits the raspberry, loganberry, gooseberry, currant and blueberry will prove most beneficial.

EAT with your fruits one to two tablespoonfuls of equal quantities of middling and bran. To insure exceptionally good results re-grind fine the middling (shorts) and the bran.

FRUIT juices for breakfast, at noon a salad with mayonnaise, for dinner a selection of gourds with baked tubers will prove ideal and satisfying during August.

ALL who are given to catarrhs, bronchial troubles, hayfevers and consumption should be considerate about their food during August. Drink no water or anything prepared in or with water. Discard all the skins from fruits; eat raw tubers; for a salad take all the greens available.

Sufferers from rheumatism, ghout, neuralgic troubles, dyspepsia, and skin troubles should subsist largely on white grapes.

ALL sufferers from nervous diseases should take to horseback riding in the morning, several body rubs during the day, dilation at night and subsist largely on stone fruits, sweet milk, sweet corn and bran. Sleep in freshly mown hay or sleep in the cornfield in a sleeping bag.

THE SUMMER GAHANBAR

THE Sixteenth Semi-Annual Gahanbar, held at Lowell, Massachusetts, proved one of the most delightful events in the history of the Mazdaznan Movement in America. Delegates came from all the Eastern States and the Dominion of Canada; a few from the Middle West and the South. The Delegations numbered seventy-two in all. Friday, June 27, 1913, at the hour of nine in the evening there was quite an evident hum throughout the Temple grounds of the Household of Mazda at Lowell. The Temple grounds and the Temple buildings represented a spotless town, all was spic and span. After a hearty welcome to all the delegates at the Auditorium of the Temple edifice all the members of the Royal Orders of Mazda followed their Avatars in procession to the Temple Home, where upon most spacious verandas, recently built, the banquet was served, every now and then a group of the Awakened singing the song of the day:

God is Love, that Love surrounds me,
In that Love I safely dwell:
Love within, above, around me,
Love is mine, and all is well.
God is Love, pure Love;
God is Love, sure Love;
That Love is MINE—thine; and all is well.

It will be needless to say that the happy hours of re-union lasted until long after midnight, spectators lined up on walks, lawn and out in the streets, all eagerly watching every crumb that would perchance fall from the Table of the Lords. Everywhere the greatest order and harmony characterized the event, proving that even the inhabitants of Lowell have caught the Mazdaznan spirit of etiquette, behavior and good manners. Even reporters politely withdrew as soon as advised that their presence had not been solicited.

All of Saturday was spent in sessions covering thirteen full hours in lessons. Not one felt in the least taxed, although the temperature stood fairly high at times.

The lessons imparted proved of a highly instructive nature. "Keep your lamps well trimmed," or "Shape the Vessel" so as to make it a fit receptacle for Mazda to pour His Spirit in showers of abundance. "Keep in His image and likeness" for "Ye are the Temples of the Living God." From the spiritual standpoint considered man is the focalization of Infinite Intelligence; while if taking the Scientific view man is the crystalization of evolutionary processes in matter, in either or both cases man is destined to manifest perfection in all things. The realms of creation, the operations of evolutionary phases, all point to man's destiny as to that of perfection, which bears out the statement made by Jesus:

“Wherefore be ye perfect as your Father in Heaven is perfect,” and “Know ye not that the Kingdom of Heaven is within you?”

The fundamentals as a doctrine infallible, have been summed up in Breathing, Exercise and Prayer. Cases have been cited where these three phases in the development of man have created miracles as to cures of physical ailments, mental accomplishments and higher attainments, revealing to man Natural and Divine means leading to the highest Realization possible to man on earth. The different body exercises and postures were touched upon, while in Song and Prayer stress was laid upon the necessity of paying attention to the tightening of muscles of the abdomen, keeping under control the organs in the abdominal cavity; expansion of the chest, holding in check all the muscles, imparting freedom of action to the organs within the chest cavity; paying attention to the diaphragm so as to conduct the vibrations induced on the part of the solar plexus toward the epiphysis which process induces transference of the abstract thought into concrete comprehension.

The formula of “Restoration” occupied some time and many felt amply repaid for their coming to the Gahanbar, since a prayer scientifically recited carries with it the impetus of all the blessings obtainable.

The necessity of remembering one another in our daily prayers was touched upon at

length, showing through the exercise of the power of thought the increase in blessings of the celestial and corporeal worlds.

Sunday brought together all the Worshipers bright and early. The services were pontifical, elevating, inspiring and ecstatic. The communion was not denied the strangers within our gates. The discourses and talks were all of a most rousing nature.

Sunday evening the Suffrage Banner presented by Mother Alice received its blessing under the hands of Mother Maria, Kalantress of the Eastern States, and Mother Adelia, Kalantress of the Dominion of Canada. The banner was held by Prioress Gloria, Counsel Alice, Director Elizabeth, Guardian Blondell. The ceremony called out the blessing of the American flag, on the night of July 3 and 4, 1908, an event to be handed down to posterity, for while the men in power were at a loss to know how to proceed in so sacred an ordeal, as they feared to call upon Rome, while of the Protesting side they did not dare to make their choice, Mazdaznan organized and presented the stars and stripes unto God, that the flag of the brave and the free no longer by foreign nations be called the "unblessed" flag. Many of the original constitutors were present and took part in blessing the Equal Suffrage banner, with purple for the background, and the emblem of the Sun in the center, including the circle and the cross,

presenting the four great dimensions in the colors of red, blue, silver and golden. The whole of it is quite an accomplished piece of art, designed by Sister Elizabeth Meyner and executed by Mother Alice Woodbridge.

"Ainyahita and Mithra" was one of the live topics of the day. The processes of evolution were considered at length, supplementing the theories of Darwin, Huxley, Spencer and Dr. Hæckel, by presenting solutions to problems of the most intricate nature, solutions that Ainyahita only had wisdom to offer. Among many other citations from her Pearls the following gave the impetus to exegetic considerations:

Pearl XX, ii, 1: "I am awe-inspired at the thought of evolutionary transformations from that of the efficacious compounds of etheroids in the elementary domains to that of the multifarious progress of crystallizations in the mineral domains, out of which in conjunction with the operations of the elements in the waters, signs of vegetation form in the deeps below and correspondingly therewith on the hilltops above. I am bewitched at the thought of the first forms of animal creation issuing forth from the protoplasmic motion of innumerable zo-oids carrying the zymos from one form of vegetation unto another serving as a link that promotes corresponding developments and transformations in both of the principal cellular kingdoms until the waters

are filled with independently moving fish, whose scales turn into feathers with the upward motion of evolutionary processes, and the counterside of the same in shedding the scales hardens the skin by virtue of the regular strokes in its moves toward the shores of Vourukasha, while the corresponding zo-oids in the soil of the earth effect between the plant-life a species of creepers, developing feet, which diminish in number according to the unfoldment of higher propensities. Bewildered I become as I see from out of the waters rise the once scaly form with its scales transformed into feathers, and the quills thereof by degree dissolving, adding to the dynamic powers of the creatures' growth and with it the development of intelligence, while the feathers, step by step turn to down, later into wool and lastly call forth hair, a process running opposite to the productions of the soil, who first become hairy, thence wooly, thereafter scaly and lastly naked, as at first, retaining the hair and other evolutionary embellishments to a degree most conducive to beauty, symmetry and handsomeness."

Monday, June 30, the Associates of God met early in the day to consider subjects of interest to every member of the Royal Household of Mazda and its Courts, Embassies and Centers.

Among many other subjects it was agreed to accept the "Avesta in Song" in its present

form, and to instruct the Manager of the Mazdaznan Press in Chicago to proceed with the publication of the song book without delay, every Center subscribing fifty copies each, fifty individual members subscribing five copies each. The Canadian delegates proved pressing at this instance, claiming that the "Avesta in Song" embodied the quintessence of Mazdaznan and for this reason had proven as one of the indispensable means in promoting the Great Message. "The Life of Christ", too, was called for; also "Omar Khayyam;" claiming that the latter works would greatly assist in showing up the Great Message before the better minds.

"Ainyahita" in bookform continued to be the topic of much speculation and even after a second edition to subscribers of the Mazdaznan magazine at five dollars a copy was announced, a great number called for the Edition de Luxe whereupon the Master promised to confer with the Manager of the Mazdaznan Press inducing the latter to furnish twenty more copies.

It has been decided to encourage parlor gatherings among Associates and to submit to hall meetings only in metropolitan cities where recruiting work calls for publicity. All public work is to go on free and to remain non-obligatory, while instructors must continue to be self-supporting, expecting assistance from those only who co-operate

with them to promote the work in public, consequently inviting obligations.

All Centers remain democratic in all their local affairs, retaining their affiliation directly with the headquarters of the Association, all other institutions remaining under the direct control of the Executive of the Mazdaznan Court.

Monday night closed with a Banquet for the Master. The spacious verandas were set with long tables, seventy participants taking seats. The dishes were in accordance to the observances of the seasons and all the food pronounced *ashoi*. After the frugal meal the cup was passed for the healing of all the afflicted, the needy and those in distress, while to the absent ones blessings of Peace, Wealth and Love were showered in great abundance. A special remembrance service was held for the dear ones of all the Centers in the world. Not until long after midnight farewell was announced and at the close of the procession the departing delegates received their individual blessing.

The instrumental music by Tante Theresa and the vocal accomplishments by Baby Mills added greatly to the beauty of the festivities. Daddy Guromano acted as Grand Secretary for the Gahanbar, while for three days and three nights Mother Maria remained on her feet looking after the comfort of the Saints.

YOUTH

Thou art the springtime of life! Like flowers in the bud, thou art still enveloped in thy chrysalis. Thy charms are yet veiled. Thy beauty still hidden; through the sweet and tender emotions of love the silent energies of thy soul shall burst its prison bars and with joyous, beating heart thou wilt bask in the fragrant delights of a new life. A new life in which blossoms a Superior Intelligence.

Gifts, talents, endowments of the spirit unfold under the benign influence of love, like buds bursting into blossoms.

Ah! gentle youth, in the morning of life, direct thy barge into *healthy* channels, that a most blissful futurity may await thee. Let not the hidden shoals of imprudence mock thee with the sweets of false pleasures. Be not outwitted by foolish desires, whose lasting flames would consume thy youthful heart. Cherish the angels of purity and innocence, they will be the guardians of thy inner fortress, whose strength will defend thee in the day of battle. Remember the three holy children, *good thought, good word, good deed*. These shall preserve thy integrity and happiness and felicity shall be the heritage of all future years.

Good Thought, Good Word, Good Deed.

DILATION

Every now and then some one who never knew what the rest of the world has long since known and forgotten, springs upon humanity an idea, method or a cure with an impression as though it were a new discovery. And many there are, even those who belong to the better informed, who with the greatest of enthusiasm declare it the most wonderful thing ever discovered. But upon due consideration, investigation and recollection it will be found first of all that *there is nothing new under the sun*, but merely the name under which the object or subject is being presented. Thus dilation of parts of the human system, partly or solely contracted, will bring relief and very often assist nature to accomplish a cure. The necessity of thorough alvine and renal calls is too well known to induce us to enter into it in lengthy discussions. Were we raised as we should be, there is no doubt but that the ailments would be as little known among our kind as among our animal friends.

In our preliminary studies, in our dietetics, in our pamphlets, from the platform and off the platform, we are repeatedly reminded of the necessity of relaxation particularly to the lower parts of the trunk of our body. The sphincter muscle or sphincter aim is one of those members upon which the thorough and

absolute evacuation depends, relieving the sigmoid flexure and the alimentary in general.

Discomfort and disease can be prevented and where there is trouble it can be more readily eliminated by attending to thorough evacuations, all else being equal. Ordinary troubles, depressions, melancholia, headaches, stomach and intestine troubles, ear and tooth aches, eye and nose troubles, can be quickly relieved by either making hot and cold applications to the anus, taking a seat a la Egyptian posture, with knees close to the abdomen, and in more severe troubles anoint the parts with oil, slowly and gently dilating the parts. This method of bringing quick relief is used by all natural mothers upon their children. The Hindoos have so much control over their rectrals that in their absolutions first thing in the morning draw up water and practically go through breathing exercises of the rectal region.

The Arabs use slight injections of sand, while the Chinese and Turks always throw themselves upon the ground, drawing up their limbs closely to the body, spreading the limbs to the utmost.

But like everything else it is not well to expect everything of one thing. If we shall be prone to break laws in nature, imposing upon digestives or abuse God-given organs, growing excessive in our habits, even the dilating of openings, correction of vital nerves will fail us.

LITTLE BITES

Have a hearty good laugh and even the world about will have to smile.

During the hot and humid days, the breezeless and sultry nights, it will prove a solace to the panting soul to remember that hades has been officially abolished by the American Bible Congress at Washington.

St. Sarcasm said that there is better pay in running purgatory and a nickle movie on the side to defray church expenses than to raise hades.

Should it be possible to shut down gehenna and shut satan out of hades where do you suppose his satanic majesty and his stockholders are to roost?

We had to corner everything on terra firma so as to give the cubist a chance to square up things for us.

In the North the topic is "child traffic", in the South "child labor" is the talk of the day. It will be well to first abolish "child traffic" otherwise it will culminate like in the freeing of the negro to make the whites the slaves.

Senator (opening his morning mail) in wrathful consternation—Durn these women anyhow; listen to this from a suffragette: “*We are watching you!*”

Said the one housewife to the other, as they met at the village pump: “What do you think of neighbor Jones; God has blest her with *quadrupedes* last night!”

Said the young man: “Doctor, I wish to *insult* you in regard to *confections* in my brain.”

“Well, I should worry,” answered the Doctor, “don’t raise any *scrufles* about it; go to a *rugstore* and ask for a *chimes* worth of *rhinoceros oil*.”

On the pay roll of the Illinois Legislature were carried 154 janitors to take care of the 51 rooms in the state house, 69 policemen to watch the 273 legislators and see that they keep peace; 15 clerk-minders to watch 10 of the state house clerks. A suffragette wants to know, if we don’t think women could do better.

The Indiana Legislature has appropriated \$25,000 for the better care of hogs and defeated a bill calling for \$5000 for the better care of children.

VIANDIN

That is the name of a new preparation or a substitute for meat, that is corpse meat, only claimed to be better and more nutritious since it requires no shedding of blood. The invention comes from Belgium where the soil is poor, and population congested. The "scientific meatstuff" is a product of beermalt which is first washed and pressed thereafter bottled in sulphuric acid, and again treated with lime, the mixture is then filtered, the water steamed away and the remainder once more pressed and treated with diverse chemicals that will impart to the product the taste of beef, veal, mutton, pig and other corpse delicacies. As this "meat" can be produced by far cheaper than the cattle king can graze his flocks, there is no doubt but "Viandin" will prove a "God-send" to Belgium. It is claimed that rats have been found thriving on "Viandin" and there is no doubt about it as rats in breweries, too, are always healthier, bigger and fatter than just common sewer rats.

Don't fool yourself with ice cream and soda water. Bathe wrists and ankles with hot water and drink a little hot tea, if from overheat you would be free.

The best way to keep cool is to think of an iceberg and walk in sandals.

THE ABJURATION OF GALILEO

"I Galileo Galilei, son of the late Vincenzo Galilei, of Florence, aged seventy years, being brought personally to judgment, coming before you most eminent and most reverend lords, cardinals, general inquisitors of the universal Christian republic against heretical depravity, having before my eyes the holy gospel, which I touch with my own hands, swear that I have always believed, and now believe, and with the help of God will in future believe, every article which the Holy Catholic and Apostolic Church of Rome holds, teaches and preaches. But because I am ENJOINED by this holy office to abandon the false opinion which maintains that the sun is the center and immovable, and forbidden to hold, defend, or teach the said false doctrine in any manner, with a sincere heart and unfeigned faith I abjure, curse, and detest the said error and heresies, and generally every other error and sect contrary to Holy Church: and I swear that I will never more in future say or assert anything verbally, or in writing, which may give rise to a similar suspicion of me; but if I shall know any heretic, or any suspected of heresy, I will denounce him to this holy office, or to the inquisitor or ordinary of the place where I may be. At Rome, in the convent of Minerva, 22nd June, 1633, I Galileo Galilei, have abjured as above with my own hand."

THE JUDGMENT AGAINST GALILEO

To assert that the sun, immovable and without local movement, occupies the center of the world is an absurd proposition, false in philosophy, and moreover, heretical, since it is contrary to the testimony of the scriptures. It is equally absurd and false in philosophy to say that the earth is mobile in the center of the world, and this proposition, considered theologically, is at least an error of faith.

Congregation of the Index, 1633.

CHILD TRAFFIC IN AMERICA

AFTER strenuous efforts on the part of a few alert and public spirited people, the shameful blot on the boasted civilization of America—traffic in human lives—has finally been investigated.

A commission appointed by the legislature was ordered to investigate "from top to bottom" the procedure of the Juvenile Court as conducted by Judge Pinkney and Miss Mary Burt, "Judge" in the women's division, and the various child's homefinding societies.

They discovered that Chicago has been made the dumping-ground for babies from all over the country, where they are disposed of without question or consideration, and even then that the demand was three times as great as the supply.

The results of this investigation have been shocking beyond belief.

As an example of barter and exchange in human life; how does this sound for a country which never tires of her boast of freeing the black slaves, comparatively a few years ago?

A quotation from a Chicago paper states: "Existence of *A Gigantic Commercialized Traffic in Babies* in which infants are *bought and sold before birth*, was the startling disclosure made by the Legislative Committee investigating Chicago maternity institutions.

They discovered conditions they declared unparalleled Representative Curran said, "Children are handled as cattle. They are bought and sold, and that is the end of it. Few records are kept and in many cases none at all."

Girl mothers have been found from Indiana, Wisconsin, Ohio, Nebraska, and other states. In only a few cases have girls been found from this state.

As a certain extra charge is made for adoptions, we have found contracts signed before-hand by young girls; surrendering all claim to their child and agreeing never to attempt to see it.

These babes are farmed out with almost anyone who has the price to pay. For this purpose Dr. S. D. Rogers of the National Maternity Hospital stated that he had arranged the following form for adoption at from \$25.00 to \$50.00.

"I hereby give up my baby boy or girl born to..... and promise that I shall never try to see the said child again, or make further claims to it". This is signed by girls when they first enter the institution.

Chicago has been proven to be the dumping-ground for the entire country, in disposing of illegitimate children.

Mismanagement, abuses, and failure to follow up the lives and fortunes of children thrown upon the mercies of the world, were pointed out by the commission.

One patriarchal public beneficiary at the head of a maternity home declares that he is doing a great charity to the unfortunate girls who come to him, signing away all claim to their children.

If the world knows no mercy for women who offend, then what attitude should it have toward these monsters who engage in human traffic.

How proud we must feel to share the dignity of a nation which reaps profit by selling its youth at any price from \$25.00 to \$125.00.

Furthermore it is an offence punishable by law to give any information concerning the location of any of these "*wards*" of the state. Even if good fortune should smile on them again they would be sought for in vain, as they can be distributed from state to state and from family to family.

Sometimes a few agitated people make just enough commotion to stir up the officers of the Juvenile Court who of course must be kept busy so that they can make a name for themselves.

Their poor judgment has been witnessed in the celebrated Lindsay case, which has been recently disposed of in the superior court, with a victory for Mrs. Lindsay and her son.

In reference to this case the attorney for the defense states in a letter to Dr. Hanish: "When you consider that the United States Court officials and those of the Post Office, the city of Chicago and the state of Illinois, including the biased press of Chicago, were all against you, Mrs. Lindsay and her son, you must look upon and esteem the decision of the Supreme Court of Illinois a great and emphatic victory for you, Mrs. Lindsay and her son, and in the interests of Justice and the right to worship God according to the dictates of your own conscience, and the right of Mrs. Lindsay to rear her boy in accordance with her motherly and highly cultured ideas. The concluding part of that opinion is a rebuke to the Court at Chicago. In it, you, Mrs. Lindsay, and her son have received the most complete vindication."

No phase of housecleaning has ever been considered too dirty for woman; then why this Ultra-Chivalry in allowing her to clean up conditions, which, after all are but an extension of the home?

Only in 14 states out of 48, has the mother rights equal to those of the father. What a calamity when all the fathers are not good.

What control do we have over the saloon or the dance-hall of unspeakable influence and results?

Sixty million dollars a year are the profits of traffic in girls!

The Juvenile Courts are crowded with delinquent youth!

But to politics and commercial greed belong the care of the children.

Viola M. Woolson.

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WOULD YOU LIVE TO BE A HUNDRED

WITHOUT GROWING OLD OR SUFFERING SICKNESS, SIN OR SORROW?

("The Mirror"—Montreal, 1913)

GO TO attend a course of lectures on "Mazdaznan" if you want to get a new sensation, to weave a little poetic color into the dull fabric of your life, you should accept the invitation. For they are an interesting people, these Mazdaznanites. They view life from a different angle; have some original views on religion and prayers and philosophy; and can tell you something which you did not know, namely, that you have within you the power to ward off illness, old age, and every one of the ills and misfortunes which cause every ordinary mortal more or less to have worry, anxiety, and unhappiness.

Are Sun Worshipers

The popular name for the Mazdaznanites is Sun Worshipers. The title is their own, and though they used to, they still occasionally in the summer, rise up at dawn to walk barefooted in the grass—so that their feet may have a "dew bath"—and to murmur incantations to the rising sun.

Isn't that a poetic idea—an idea that lifts you up out of this material age, and transports you back into the dawn of history, when men were filled with a child-like wonder of the world, when they could feel something of the beauty, the majesty and the awe of that daily miracle, the rising of the sun? Emerson once said, "The sun illuminates only the eye of the man, but shines into the eye and the heart of the child." If he had lived to know the Mazdaznanites, he would have added that it shines also into the eye and the heart of them.

One evening I accepted the invitation to acquaint myself with the Mazdaznanites, and had the privilege not only of meeting the High Priest of the Order, but

also of breaking bread with him in the house of his most ardent disciples—Mr. and Mrs. Hooper Mallet.

When I arrived they made me entirely welcome—gave me a cordial handshake, and pronounced the greeting of the cult as they shook my hand, namely, "Peace of abundance to you!" Everybody was treated that way.

Just picture the scene when "The Master," as they called him, appeared. The folding doors had been thrown back, and there in the long room formed of parlor and drawing-room combined were seated some forty or fifty men and women and a few children. At one side, on a little table was a plaster bust of the Master; beside it an altar candlestick, filled with seven candles. I suppose there was some significance in this magic number.

All were hushed and expectant; if one spoke, it was only in a whisper. Then the calm was broken by quick breathings. A ripple as of some psychic influence stirred the assembly.

The Master was gorgeously apparelled. On his breast there sparkled a golden image of the sun, with rays as resplendent and gleaming as those of a mon-strance. He wore a long priest-like robe of white silk, covered with golden spangles, and over this a mantle of crimson, richly embroidered with designs in gold. On his arm he carried a rosary of red coral beads, with a golden cross attached to it.

But this gorgeous apparel was not the most wonderful part of him. The wonder of him was his youth. He claims to be 68 years of age. He might pass for a young man still under his thirtieth year. He is of middle height, clean shaven, with dark brown hair. His eyes are as clear and strong as a child's, his skin as soft and fine as a girl's, and on his face there is not a single wrinkle.

He will die some day, of course—perhaps in a hundred or two hundred years' time—but he will never grow old, he says, and he will never know sickness or sorrow or tribulation or disappointment. What wonderful power does he possess that makes him superior

to all the woes and ills that flesh is heir to? The secret, he says, can be told in one word—

“Mazdaznan.”

“What is Mazdaznan?” Was the question in my mind, as I sat there waiting, with these others, for the Master to speak. The Master, it had been announced, would tell us, but it was not to be yet. The “atmosphere” must be prepared. There must be a feeling of devotion in this little assembly. An exquisite youth supplied it. He sat down at the piano and played some unknown composition, with a lovely melodic theme pulsating through it—played it with more hushed intensity of feeling, more witchery and magic, than any pianist I have ever heard, except it be De Pachmann. And then very softly, they began to sing a hymn of praise to “The Master-Thought.” And the Master-Thought is Mazdaznan.

Ah! but what is Mazdaznan? The Master now proceeded to explain. His explanation to the little congregation occupied over two hours, and even after that lengthy explanation it would be impossible for any impartial listener to sum up in a dozen sentences what Mazdaznan is. It is too elusive to be caught and nailed down that way.

The Master called it “the religion that is behind all other religions,” and as far as could be gathered from what he said, it amounts to keeping the body immaculately clean inside and out. Perhaps there is more in it than this—for there is a book, “The Inner Mysteries,” which novitiates do not see.

Vegetarianism is one of the necessary observances. “Don’t eat the flesh of any corpse; don’t make your body a grave for the decaying carcasses of animals,” is his way of putting it.

The most scrupulous attention to the toilet is also necessary—and the Master exemplifies this in his own person by being exquisitely groomed, even to the extent of having his finger nails so polished that they look as though they had been varnished.

But above all things learn to breathe aright, for the

breath is the life, and properly used, will destroy, he declares, the germs of all diseases, and eradicate from the anatomy all the hereditary results of the blunders of our ancestors.

If by bathing, proper breathing and the most careful diet, the body is kept clean and pure, then "The Infinite" will manifest itself in that body, so that life will be a rounded whole, a continued felicity, into which neither sorrow nor failure nor disease can enter. Keep the body right and you will think right, he says, but the slightest uncleanness or abuse of the body will immediately react in a corresponding degree on the mind.

There was a good deal about God and about Jesus in Master's address. Always he spoke reverently in these references, but so did he also of Buddha, Mohammed, Zoroaster and other founders of religions, for each, he claims, had the truth in his own degree.

Christ's teachings, he declared, were constantly being misinterpreted. His astounding complaint in regard to this was that the Lord's Prayer was universally misunderstood. Christ commanded that his disciples should pray unceasingly. This did not mean, he said, that they should always be praying, but that they should say the Lord's Prayer through without stopping—all in one breath, with a slight pause at the end of each line of the original blank verse. It was merely a formula to teach his disciples deep breathing—and any other formula, meaning or meaningless, would do as well.

"Just say the Lord's Prayer through every morning, noon and night, thinking of what you are saying, and not drawing in your breath until you have finished it. Do that for a week, and even at the end of that short period you will feel the physical benefit of the deep breathing that it causes."

He proceeded to give some demonstrations in deep breathing, saying the chest should be held high, and not allowed to fall flat when the breath was exhaled.

Believes In Immortality

Dr. Ha'nish believes in immortality. We have had other lives before coming to the earth, and will live in other spheres after our death here. Wordsworth's poetic vision is his, that—

“Our birth is but a sleep and a forgetting:
The soul that rises with us, our life's star,
Hath had elsewhere its setting,
And cometh from afar.”

All striving after unattainable ideals—ideals that are often vague and shadowy—are but the remembrances, he says, of previous lives in other spheres—perhaps on Uranus, perhaps on Mars, perhaps (and this is a glorious thought to Sun Worshipers) even on the sun itself. To work out our destiny here it is useless to strive after these unattainable ideals; all the faculties should be applied to adapting ourselves to the laws governing this particular earth, and to living in correct relation to the animal, vegetable and mineral worlds around us.

Have We Twelve Senses

Twelve senses, he declared, were possessed by human beings, instead of only five. He did not enumerate them, but from what he said it would appear that intuition and conscience are two of the additional seven. He gave a much wider application to conscience than the one generally accepted. Conscience, it appears, is “The Infinite” speaking within to guide us through all the ways of life.

When you have taken a course in curative breathing you will become sensitive—attuned—to the voice of conscience. Conscience will warn you what to eat and what not to eat. Obey it implicitly. It may say to you that you should go into some other neighborhood to live. Go. It may tell you to leave off wearing black clothes, and to wear something brighter. Do it, for life is not

a funeral procession. It may tell you to start in business for yourself. Do it, and be not afraid, for you cannot fail.

Conscience, it seems, must always be obeyed. Intuition, in the form of misgiving, will always tell you what to avoid.

These were the main points of his address—can you tell from them what Mazdaznan is? And will it help you to an understanding when it is added that he concluded by putting his audience through some breathing lessons with their hands held high over their heads, or when it is said that the service ended with a hymn in praise of Mazdaznan, which is 'The Master-Thought,' sung to an exquisite piano accompaniment played by the aforesaid exquisite youth?

Something More Intimate

But now I am coming to something more intimate. After the service there was a supper, to which only a chosen few, with myself as the honored guest, were invited. It was a vegetarian supper, and the Master sat at the head of the table, and I sat at his right hand. For this function the Master changed from his priestly robes to a frock-coat suit of pure white cloth. He wore a high collar, and a diamond-encrusted ring on his white silk tie. For supper there were salad sandwiches, some of white bread and others of whole meal bread, made from wheat ground on the premises; doughnuts fried in salad oil; almonds, sugared orange-peel, cake, crackers, olives, candies, chocolates and tea and coffee.

The Master ate very sparingly, but talked much—chiefly in answer to questions. Most of the questions centred around the personality of Christ, and particularly around the miracles with which Christ is credited. Dr. Ha'nish claimed that the power of miracle-working was falsely attributed to Christ—not deliberately, but simply as the result of a misapprehension of the metaphorical language and the customs of the Holy Land.

For instance, Christ never made a paralytic to walk. The man who posed as a paralytic was one of the professional beggars with which the East swarms. Christ recognized him for this immediately, and said to him, "Thy sins be forgiven thee," which was an Eastern way of saying, "I have found you out! I forgive you this time, but don't you attempt to impose upon people again." This caused a stir, and then Christ said, "Take up thy bed and walk", or in other words—for this was the Eastern meaning of the phrase,—“Get away from this place immediately.” The man thereupon took up his "bed," which was not what we know as a bed, but simply a sleeping bag, and stole away crestfallen. There was no wonderment at Christ having performed a miracle, but simply wonderment at his having immediately seen through the imposture.

"What about Christ's saying, 'Oh, ye of little faith. If ye had faith ye could remove mountains?'" was another question put to Dr. Ha'nish.

Question of Locality

The reply of Dr. Ha'nish was that he knew the locality where these words were uttered. The climate was so favorable that the people had a continual succession of crops, and could raise all the food they wanted on a very small piece of ground. But the locality was bare and stony. They had to "make" their land by going up into the heavily-forested mountains and bringing away the leafmould in baskets. But most of them were too lazy to do this. Hence, Christ's words did not literally mean that anyone who had sufficient faith could move mountains simply by praying. The word used in the original for "faith" meant "perseverance, energy." Thus, when Christ said, "If ye had faith ye could remove mountains," he meant, "If you would only get to work instead of hanging around doing nothing, you could remove all the leaf mould on the mountains, and make as much land for yourselves as you wish."

There was the same misapprehension over the supposed miracle of Christ feeding the multitude with five loaves and two fishes. The fishes, he said, were honey-cakes, called "fishes" in the East. It was an Eastern custom to offer visitors to a house the best food in the house, as it was the invariable rule of etiquette. On the occasion when Christ was said to have fed the multitude, the "loaves and fishes" were broken into pieces and passed from one to the other. Each one accepted a piece and passed it on without eating. In this way the whole multitude was said to have been fed — and was fed, according to Eastern etiquette.

There were similar explanations, he said, of all the alleged miracles, and it was because our language was matter-of-fact while the language of the East was full of imagery and symbolisms that we misunderstood the sacred writings. —C. L. SIBLEY.

REMEMBRANCE SERVICES

are being held every Saturday night in memory of our much beloved one, Carlos Hesse, who departed from this plain at Monrovia, California, Saturday, June 21, 1913, at the hour of 10:40 p. m., Pacific time, the remembrance hour. He kept up to the very last and engaged in wholesome conversation with Dr. Benjamin James Ruth, who for over four months remained the faithful companion to Brother Carlos. Everything within the power of human ingenuity was done to stay all karmic laws to hold the spirit to this earth for a period longer than that allotted to the body. Destiny determined its own at last, and we, who loved to hold to him closely, are called upon to submit to the inevitable. Though the mantle of his being has fallen from his shoulders, his spirit stands beside his father's, who preceded him by twenty months, declaring Peace unto his mother, sisters and brother. His memory is everlasting; his spirit—PEACE.

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ZARATHUSHTRA

There is a name I love to hear,
I love to speak its worth;
It sounds like music in my ear—
The sweetest name on earth.

Precious name; Dearest name;
I love to speak its worth;
It sounds like music in my ear,
The dearest name on earth.

It tells me of our Master's light,
Who comes to set me free
From ailments, sores, and mental blight;
My eyes anoints to see.

That sacred name I love so well,
That name I love to hear;
No man on earth its worth can tell,
No mind conceive how dear.

I care not what it's spelling be—
To me it's pure and kind;
This much I know: once I was blind;
But now, in truth, I see.

His name shall shed it's fragrance still
Along the thorny way;
For me shall smooth the rugged hill,
Night shall be turned to day.

SERMONETTES

AS soon as we realize that everything in life is a gain, we have broken the fetters of error's chain.

THE simple life is the life divine; he who has found it rests at the shrine, whence emanates the life everlasting—a life sublime.

SCIENCE admits that the Sun is still the rival to anything man may invent, be it in the line of power, heat or light.

EVERYTHING of a productive nature is an accomplishment that goes to add to the glory of God.

HE who worries no more, has plenty of love in store; has plenty of love to impart; in this life has made a good start.

WE are here upon this earth to reclaim the earth and apply our talents in a way to meet the demands made by the spirit of the times and ever be ready to cope with the conditions of the day, that the God, the author of all, may be glorified.

MAZDAZNAN shall the password be!

CONSIDERING blessings from a commercial standpoint, we not always receive full value for our labors, still the difference of the intrinsic value is made up by the experience gained which tends toward profits to be gained in days to come.

HE who daily receives his full pay, never has anything more coming to him.

A system of credit has always some one in debit.

SOCIALIZATION of the people becomes necessary whenever farms become deserted and the cities crowded with idle hands.

LAWS can never right the wrong and two wrongs will never make a right, but whenever men come to an understanding among themselves there justice reigns supremely; for this reason the scriptures advised: "Agree with thine adversary quickly."

SUCCESS is the result of talents directed into channels where is demand; failure comes through misapplication.



HINTS OF THE SEASON

SEPTEMBER—the month of all kinds of grapes for all kinds of diseases, except catarrhal troubles.

PEACHES and apricots exceptionally good for catarrhal people—especially if used for breakfast and dinner; discarding all other foods from the bill of fare, except sweet milk and bran.

HIGH livers and livers that are swollen and torpid thrive best on fresh corn prepared in various ways: raw, steamed, baked and roasted, also cooked in milk.

A raw potato for breakfast, two tablespoonfuls of middling, a glass of milk (sweet or fermented), will prove an ideal breakfast to those whose alimentaries need correction.

Now that there is plenty of fruit, eat it in the morning and evening, with some fresh cereal on the side, and meditate on a cob of corn for lunch.

THE season of corn on cob, corn cakes, corn pones, corn muffins and corn bread—a little sweet butter and honey on the side, and not another word is to be said.

Do not mix tropical fruits with those of your local market.

RIPE figs and ripe olives, fresh from the tree, will set the swollen liver from ailments free; partake of them freely for three weeks or so, and until you feel your vitality grow.

BE wise and take up a final cure as autumn makes all things well and sure; as much as nature into maturity ascends, even so your health upon the use of concentrated sunshine depends; be wise then in selecting of her fruits and grains; for the substance thereof thy better part sustains.

THIS is the season when you dare not expose your ignorance by asking: what may I eat or drink to get well? for nature abounds with fruits, nuts, vegetables and grains, pell-mell; whichever way you turn the horn of plenty smiles; there are stacks of good things and still more in heaps and piles; to enumerate them all by class and name, will put you and all of us to shame. Thus stretch out your hands for this and that; partake of one and then the other; no longer spout or spat; eat while there is more than enough and get rid of your ailments and all that is rough; that with a heart free from all misgiving you may honestly speak the prayer of thanksgiving.

ZARATHUSHTRA

With September Nineteenth we celebrate the coming into the Light of Wisdom the man of remote ages, known to us as Zarathushtra, whom Pliny and Plato about five hundred years before our era, claim to have been the oldest and wisest of all philosophers and law-givers, preceding Hamurapi and Moses, Fragapati and Po, placing Zarathushtra at least five thousand years before Socrates.

Of all the systems of religion or form of government that of Zarathushtra stands unrivaled until Max Muller, the great Orientalist, recognizes in the religion of Zarathushtra "the religion that stands behind all other religions" and a religion that will hold good unto all the days to come, taking for its basis "Good Thought, Good Word, Good Deed."

With September the Nineteenth the fulness of the seasons has been reached, and the seed once sown, having passed all the stages of growth, development and maturity, reaches its final culmination to enjoy the fruits of the spirit. Zarathushtra appears to reveal to man his final destiny, spurring him to gather the fruits of the spirit that the joys of life may prove felicitous and the golden portals of the future open new avenues of the life to be.

It is at such a season as this that our mind wanders back to the days of the Blessed Zarat-

thushtara, to find him engaged in the blending of the ear-producing grass-varieties until the wheat kernel becomes a fact, at the same time improving upon the already existing grains, while through the ingenious touch of his hands the products of field and garden yield abundantly and according to wish and will, never forgetting the many applications of his science to the fruits and the creation of new varieties. Thus, not only by Good Thought and Good Word does he teach man to cease to prey upon the kine, but by the Good Deed of scientific accomplishments the Blessed Zarathushtra teaches mankind the only life worth living—Ashoi, the life pure and undefiled.

We celebrate the approach of autumn by remembering the Blessed Spirit of Zarathushtra calling us to time in learning to pay attention to the joys of life to be gained through timely application. May we too apply our talents at this season that with willing hands we may readily gather the fruits of the earth and heaven making sure for provisions of a lasting nature, that we may not be found wanting or wasting the treasures of nature although there is plenty and to spare in the Father's House established upon the earth.

With reverence we remember the Blessed Zarathushtra and with him the Source of all the good things of life.

MAZDAZNAN

HEALTH AND BREATH CULTURE

BY DR. MED. O. Z. HANISH

Since this is an age of Brain and Nerve it becomes necessary to discover ways and means supplying such a needful demand. Many have been the methods proposing to meet this timely demand, but like many other experiments in the field of inventions they had to be set aside to make room for more natural methods, if possible, unearthing the archives of ancient civilizations, that we may learn the secrets of their culture.

We continue to question ourselves how did men like Socrates, Herodotus, Pythagoras, Appolonius, Confucius and thousands of others gain such colossal mental and other powers as displayed by them? If their attainments were due to scholastic or academic studies, then we outvie them by far owing to the undeniable fact that our educational facilities put all pedagogic struggles of the past to shame, say nothing of libraries, art and other museums now at our command, something the ancients no more dreamed of than of our Mazda lights.

Then how did knowledge and power come to man in the past? Through the same channels as it comes to man today; some are born

that way, to others it comes, while most of us have to work if attain we would. Still, in every case attainment comes by—*inspiration*. To some it comes unconsciously, others tumble to it, as it were, while the rest of us have to acquire everything we would desire, inch by inch, figuratively speaking.

Men who study with us the Science of Life are men of integrity, ambition and achievements. They know that life is short and time is precious. In fact, the higher the advance in civilization, the more specialization in the field of labor, all the higher the price of labor and consequently the higher the cost of living. To keep in step with the spirit of the times and enjoy the golden fruit of civilization we need higher culture, which in turn requires a sound body and a sound mind to insure successful application. In MAZDAZNAN we do not claim to offer anything astoundingly new but the way in which it is taught and practiced assures most beneficial results almost at the start. It has been demonstrated in tens of thousands of cases that MAZDAZNAN is applicable to all the temperaments among the Aryan type.

All we ask of our students and pupils is a fair test and the application of common sense during the time of practice and exercise. Before taking up the Rhythmic Breathing and Gymnastic Regime we ask them to observe a few Rules:

Do not Practice Rhythmic Breathing until you have learned to empty the lungs to the utmost, without the slightest effort. To empty the lungs successfully and without effort; relax muscles of jaw, neck, chest, abdomen and limbs in general, following the process of relaxation from part to part, accompanied by your mind, breathing out slowly at the same time.

All exercises, irrespective of their beneficial results to be obtained, should last THREE MINUTES ONLY.

Outbreathing Exercises should be taken three to five times a day by every person, to insure good circulation.

Take exercise every morning and evening in a lying position; forenoon and afternoon in a standing position; at noon take the sitting position.

To raise one's vibrations and interest it is well to speak sentences ON ONE BREATH and until a number of sentences to the length of the Lord's Prayer can be spoken "without ceasing", which means without gasping for breath.

After a few days' exercise it is possible to speak the Lord's Prayer on one single exhalation. Once we have gained control over the muscles of the chest, keeping same in check during the time of inhalation and exhalation, it is well to observe more strictly our common

daily hygienic and routine measures, as follows:

BEFORE RETIRING,

Make it a habit to stand in water (hot or cold, according to season and temperament) while with a Turkish towel all of the body is to be rubbed most rigorously and quickly; all the procedure is to last no longer than THREE MINUTES.

Dry your feet now and dry them quickly; rub them with hands until skin feels velvety and warm. Seesaw between toes; pull every toe; polish every toe-nail. Do not spend any more time for manipulations than THREE MINUTES.

Attend to face and neck by "creaming" same thoroughly and rub off gently with towel of a very soft texture. Spend no more time than THREE MINUTES.

Attend to scalp by combing the hair with a tortoise comb and brush it with military brushes; frotate the scalp with fingertips. Using Eucalyptus oil on fingertips occasionally, alternated by salted brandy, will be found stimulating to scalp and hair. Must not occupy more time for treatment than THREE MINUTES.

Now give the teeth a scrub and rinse the mouth with five drops of Oil of Eucalyptus to one tumblerful of hot water.

"Creame" your hands; manicure your fingernails and retire, taking the most comfortable

position. and in such a way that the chest remains well-raised so as to insure deep-breathing, leaving it to the sub-conscious mind to guide the rhythmic breath even in sleep.

With all the above, physical or mental exercises may be taken, not only to save time, but to encourage concentration.

TEN TO FIFTEEN MINUTES spent in this way with one's self every night before retiring will repay us in more than a thousand ways, eventually assuring immunity.

To allow the air to circulate in one's room is very commendable, be it summer or winter; hot or cold; but on foggy, wet, rainy nights it is well to have only lower sash of window open and that only a trifle; while upon arising care should be taken never to slip into wet clothes. All clothes should be warm and dry, particularly in a cold and damp climate.

IRREGULARITIES:

All irregularities of an *Alvine* or *Renal* nature should be attended to and corrected before retiring for the night. Negligence to do so will revenge itself through the increase of organisms, germs, bacilli, microbes, fungi, fibroids and other disease-breeding and disease-feeding zooids. It is by far more sensible, wiser and scientific *to prevent all suggestions to disease*, than to contract physical and mental disasters, and thereafter spend a life-time in

scheming ways and means for the cure of evils.

There should be on the average *Two Alvine and Six Renal Calls a Day*. In a normal state they are practically odorless.

IMPROVING AND CORRECTING ALVINE CALLS

Improve Alvine calls by anointing the ani with true, sweet Almond oil, massaging and dilating the parts by natural means; injections are only resorted to in extreme cases of emergency, and even then, the new method of colon flushing should be used.

In case of tenderness, soreness, hemorrhoids and other rectal troubles massage parts thoroughly with plenty of sweet Almond oil and thereafter inject equal parts of a tablespoonful of Almond oil and Oil of Tar.

It is well to take the seat in French fashion and encourage the call with hot water applications to ani; in some cases alternating with cold water. After an evacuation touch up ani with hot water and anoint parts with Almond oil. This will quicken the sphincter muscle and aid greatly in overcoming nervous troubles. Nearly one half of our ailments are due to impingements upon the nerves in ani, the sphincter muscle and the rectum. Remove the cause and the effect ceases.

All the above means are assisting nature; still to assure regular habits it is well to correct one's diet. Eat more fresh fruits in the

morning, more vegetable salads for lunch or dinner, If you must have cracker or white flour stuffs eat jewish matzos. You will thrive on bran bread, unfermented whole wheat bread, gluten bread, Swedish bread and raw cracked or rolled wheat; using for a drink sweet milk, clabber, fermilac and bran tea. The most stubborn cases of chronic constipation and nervousness are cured in this way.

Live within the range of the products of the seasons; partake of the products of other climes, on an empty stomach; use from one to two ounces a day, according to requirements and season.

IMPROVING THE RENAL STATE

Cleanliness is paramount to good health and regular habits ward off disease. Still to assist Nature unto higher attainments it is necessary to correct errors wherever they may be found. Mental derangements, irritability, meanness, nervousness, stubbornness, forgetfulness, passion, and many more undesirable traits will be found in channels connecting either side of the bladder, the impingements upon corresponding nerves calling other organs into sympathy.

The Hindu have a habit of drawing water up the uretha; the Arab sprinkles himself with dust, perhaps on account of the alkaline found in sand-dust. Savages and animals

resort to many more crude methods, shocking to the finer nerves of the civilized man.

Thanks to Progress and the guidance of the Spirit of the Times we can heat our water and make hot water applications to pelvis, groins and the vital parts in general. Application, massage and injections of small quantities of camphorated Almond oil or mentholated Petrolatum have been found most beneficial, while for disinfecting purposes the Australian Oil of Eucalyptus or a solution of three prisms of Permanganate of Potash in a tumblerful of water are still considered best. One and all can be used externally or internally for injection.

Proper soaps, too, aid greatly in the keeping up of good health. All vegetable oil soaps have more or less virtue.

In cases due to errors we would not recommend sitz-baths, as the excessive use of same lead to mental derangements, pulmonary and catarrhal troubles, tuberculose and kindred affectations, according to temperament. Gentle dilations, plenty of soap suds, Permanganate of Potash, Almond and Garlics oils, will be found most essential in affecting a cure; a Nebuchadnezzarian or vegetarian diet making things equal.

*“Stand alone and mind thy own,
That alone will sin atone.”*

YASHT TWENTY-TWO

Ad Astra.

Glory to Thee, O Mazda! Lo, I turn
From dazzling visions of thy home of light,
And find me weary in the strife again,
To battle with the watchful fiends that line
Man's path to heaven. Yet in the sacred Fire
I pray thee let my watching thoughts recall
Sights that can soothe and strengthen.

I beheld!

And lo, from out the eternal house of song,
One came and answered my unspoken prayer:
"How came I hither?" Thou must tell the tale
Of what I was, a metal; for the years
Of bliss have swept the memory away.
It may be the fell demons of disease
Vanquished my body, while the Death Fiend nigh,
Waited the hour to swoop upon her prey.
What reeked I? I was free!

Three days I watched!

Hard by the spot whence weeping friends have borne
The demon-haunted frame which once was mine.
New light had dawned upon all earthly scenes
Where once I seemed to struggle all alone
Against the lie: for myriad angel forms
Thronged o'er the battle-field, and silently
Strengthened the weary warrior with their aid
And Joy, whose like the world had never known,
Bade me forget the terror that death had drawn,
And death should dry.

Four glorious Dawns had risen!
And with the waking loveliness of day
Came breezes whispering from the southern sky
Laden with fragrant sweetness. I beheld;
And floating lightly on the enamoured winds,
A presence sped over me.
A maiden rosiate as the blush of morn,
Stately and pure as heaven, and on her face
The freshness of a bloom untouched by time.
Amazed I cried: "Who art thou Maiden fair,
Fairer than aught on earth these eyes have seen?"
And she in answer spake: "I am thyself,
Thy thoughts, thy words, thy actions, glorified
By every conquest over base desire,
By every offering of a holy prayer
To the Lord God in Heaven, every deed
Of kindly help, done to the good and pure,
By these I come thus lovely, come to guide
Thy steps to the dread Bridge where waits for thee
The Prophet, charged with Judgment."

On the winds
A little space we flew, yet spanned therein
Ten times the gulf that severs sun and star;
On to the South, where like a buried noon
Glimmered a buried glory—Onward still,
Till heavens burning with ethereal light

Revealed the House of Song. High towered it stood,
With flashing diamonds walled, suspended in air
And far beneath, a chasm, fathomless,
To keenest vision; whence a muffled wail,
Strained through the solid darkness and betrayed
Fell Angro Mainyus' realm. Long time I gazed,
Dazed at Heaven or blinded upon Hell;
Till o'er the abyss I saw a thin bright line
Stretched up to that fair portal, and I knew
The Bridge of Judgment. Lo! an angel, dreaded,
Sat there beside, and in his hands the scales
To weigh the good and evil. At his car I stood,
Yet feared not, while good angels pleaded
And demons fierce accused me, till the scale
Sank with the load of everlasting Joy.
So with my angel forth I sped, and passed
The Bridge of Judgment, passed the Heavens Three,
Good Thought, Good Word, Good Deed, and beyond
Soared to the place of everlasting light,
Ahura Mazda's boundless House of Song.
A saint's voice hailed me, "How hast thou hither come
From carnal world, to spiritual, from the realm
Of death to Life, to bliss that cannot die?"
And from the throne came answer: "Question not
Him who hath trod the dread and unknown path
Which parts the body and the soul for aye."

THE SUMMER GAHANBAR

"Hosiannah, Prince of Peace,
Come His People to release;
Awake! Jerusalem:
Let the Prince of Salem in."

The Sixteenth Semi-Annual Gahanbar and Peace Congress met in Sessions at Lowell, Massachusetts, beginning Friday June 27th, and closed Monday June 30th, 1913, about midnight.

It was a "Gahanbar of Love" as befitted Little Bethany, the Temple of Spenta Maria—the Universal Mother. Not the Love as understood by the world, but the "Love of God" illuminating unto perfection and peace! Thus Love, the culmination and highest of all things, was the key-note and text of those three most glorious days, ever to be remembered by the Associates present, because of the great happiness enjoyed and the wondrous revelations of truth so freely vouchsafed, exalting the Spirit unto the recollection of self and God, for all time.

Our Master looking more radiant and youthful than ever, welcomed the delegates in words of such affection, eloquence and wisdom, that all felt united in the harmony divine, each realizing the power of the Sacred Relationship with Mazda. We were informed that no set program had been arranged, but that subjects of interest appertaining to the "Family", as might be called out according to the need or desire of all or any, would be discussed, whether of a business, philosophic or religious nature, so that "The lamps might be found burning and naught lost in the days of darkness." Mother Maria also spoke her joy at seeing so many of the Elect at Little Bethany, the Temple and Home of love and service.

These addresses were given on the first evening in the beautiful Upper Room of the Temple Edifice to a crowded assemblage. So peaceful and holy is the atmosphere

of that sacred sanctuary with its simple yet sublime Altar, lights and settings; its perfect blending of decoration and color; its illumined windows; its golden words of truth and realization—from the ancient of days—all emblematic of Love, Purity and Tranquility: that its preciousness and beauty touched the heart, awakening the higher Being unto the silent and celestial music, thus breaking the Seal and breathing Infinite Life now.

After an all day's journey in a temperature of one hundred degrees or more, with an accompaniment of dust most extraordinary, the "music of the spheres" was an enchanting and delightful change, most restful. And truly refreshing was the bountiful luncheon served immediately after the "Welcome" on the spacious and cool verandah of Papa Hilton's charming home, by Mother Maria and her "Wings." Amid such pleasant surroundings, to be together again, was joy unspeakable, though there was certainly no lack of speech; for the words of greeting and good fellowship must have resounded, even unto the heavenly ether.

Next morning the session opened bright and early, under perfect weather conditions. As always, our Master started the Gahanbar by giving a most practical talk; reviewing in His inimitable way, the "Power of Breath"; showing that only by understanding the fundamentals of life and its governing laws, and applying them in a natural, practical and scientific manner, could the higher realization be obtained.

The three essentials were: Breath, Prayer and Exercise. Nothing else could or would give Health, Happiness and Success. All the Philosophies and Religions in the world are useless, unless these simple, yet perfect means, were thoroughly understood and utilized. Without it there could be no lasting benefits or satisfaction. "Be ye perfect, even as my Father in Heaven is perfect", said the Christ; and it was by these little practices that HE taught: that Health was Holiness, leading unto Oneness with God. Anything else was illustrative or relative; for the individual must of himself

or herself perform their part—practice alone makes perfect. Such is the Law! This fact was impressed over and over again; so that even those who listened for the first time, might be convinced and determined that this is the *way* and that in future they would drop theory and become practical, reasonable, thinking beings, students and masters of themselves; proving all things and therefore, useful forceful, members of society—not “drifters.”

Many simple ways of attaining physical betterment were given; such as the position of the chest, spinal column and body, at all times, during exercises on the three breaths: abdominal, upper chest and diaphragmatic. In Sound and Voice, otherwise vibration, lie the whole power! Thus, the recitation of prayers and hymns on the rhythmic breath, breathed through the nostrils only, using the individual intelligence and thought, gives results surpassing description. Breath is the means or medium whereby the universal or collective can manifest in the individual. One has but to test it for themselves to be convinced. Never, throughout the Ages, has this instruction been known to fail, when faithfully and intelligently performed. Some effort, commonsense and adjustment are necessary; only a few minutes daily is required for rhythmic breathing. The proper attitude of mind once taken, the Infinite Intelligence does the rest—“Lo, I stand at the door and knock!”

Many questions were asked and answered, elucidating the *absoluteness* of Mazdaznan and supreme wisdom and experience of our Master. Problems of the most difficult solution in both the concrete and abstract were made plain in the simplest of language, so that all could understand. Some of the subjects discussed were relative to the Law of Love, Life and Sacrifice, evolving most wonderful interpretations.

Two beautiful hymns, “Hosiannah, Prince of Peace” and “God is Love”, both vibrant with power, realization and melody, were sung; also a sublime musical

rendering of the "Lord's Prayer" was revived.

On the balcony the Master then gave an impromptu business talk lasting several hours. In a most complete and illuminating way, present day commercial methods and business tactics were explained; how profits were made and the manner in which trade generally was conducted. The basic law of "Supply and Demand" and utilization of environment, including the question of Capitol and its Distribution and what Wealth individually and collectively really means, was thoroughly gone into, much to the edification of all. Clearly was it shown, that to "Reclaim the Earth", was the underlying principle, and to be practical and scientific, must be *applied* according to LAW, as set down by Ainyahita thousands of years ago. By pruning, cutting and picking, as well as through sowing the seed with concentration, would the Earth give of her bounty. This was exemplified by the wonderful production of wild rose blossoms in Mother Maria's own garden; for the more they were plucked, the greater was their profusion.

In the afternoon the affairs of Mazdaznan were discussed. As was conclusively shown the Work was making great and extraordinary progress, all Centers throughout the world as well as America and Canada reporting large increase in members and the demands made upon them. So insistent is the "call of the awakened minds" for the Truth, that during the last three months alone, the Chicago Center has sent out one hundred and twenty thousand pamphlets; a free distribution, involving much time and labor, although gladly undertaken. The news from London, England, where Brother Beeler and Mother Ingraham have charge; and Father Ammann, Ambassador to Germany, Austria and Switzerland, was splendid, delighting the heart; proving that in the "Old Lands" the ground is "ripe unto harvest." Cables, telegrams and letters from all over including India were read by the Master and enjoyed greatly by the Delegates.

The superb volumes of Ainyahita were then present-

ed to its subscribers. The binding, paper and printing are a master-piece of artistic production. The cover is a beautiful royal blue with the Name "Ainyahita" in a rich gold on the upper center. On the fly-leaf is the Mazdaznan name of the subscriber, emblazoned in gold and the daily name written in long-hand with the date of May 20th (Ainyahita's Birthday) or May 23rd (Christ's Birthday) and the number of the subscriber. On the next half is attached a most excellent portrait of our Beloved Master, in His lovely "Ainyahita Robe" beautifully illumined, and written thereon in His own hand His favorite blessing: "*With Blessings of Peace*" and signed "*Otoman Zar-Adusht Hanish.*"

It is really impossible to describe this wonderful Book, this Edition de Luxe, made to last one thousand years; it must be seen! The likeness of the blessed Ainyahita leading Her flock amid the vastness of the Mountain Ranges, with Her Shepherd Staff in hand, is inspiring beyond words. The wonderful pictorial embellishment of the pages, all symbolical of the most ancient and spiritual significance; the setting and printing of the words, the texture of the hand-made paper, the perfection of it all, surpassing anything ever attempted of its kind: is but another of the many evidences that in Mazdaznan and our Master we have the highest and the best! No wonder the expensively paid printers of Chicago said, that the work as required by the Master, was not possible; and no publisher would undertake or accept the order. Yet when completed by Him in His own Temple Print Shop, several who had tried and failed, confessed that it was the finest work they had ever seen.

As to the contents, the "Pearls of Wisdom" exceeding in thought anything ever printed in language, one must read and see for themselves. Long have the "Family of Mazda" waited for the Time and Season when the Greatest of Teachers should revive and re-write the priceless understanding and experiences of life—the LIGHT which has been the Learning and



Wisdom of all the great Saviors and Sages of the world, even the Christ, throughout all Time. Often has it been stated, "that with *Ainyahita* the Truth—MAZDAZNAN—would stand or fall." Gladly, now, we again throw this oft-repeated challenge to the world; fearing not at the same time to also say, that in the Translator, our Master, we have the Supreme Living Interpreter of the Truth! Without Him we would have no "*Ainyahita*;" therefore we "*Hail Him, Ten Thousand Times, Hail!*"

With interest and joy (for such is the promise) will the "Associates of God" watch the spreading of this "Great Gospel of Liberty" — these most Glorious Pearls", and the hold and destiny which they will take and bestow upon mankind; for thru the knowledge they contain, is to come the salvation (or destruction) of this earth. At last, "after many days", the time has come, when those who desire to drink of the "Waters of Eternal Life", may do so, unto freedom and transparency; and with those who do not, will come their own just due. Let him who doubts, read once again and remember the Prophecies of Sylvester Night last; the Gospel of Matthew and the Revelations of St. John; and perceive in the "daily walk", the fulfillment thereof. This Time is the Time: Nature Herself, as well, proclaims it hourly to those who dare to face the facts.

Blessed indeed are those who on that afternoon received this inestimable "Storehouse of Wisdom", from the hands of the Author Himself, and furthermore sanctified by the blessings bestowed by Mother Maria and Mother Adelia. In the many "*Ainyahita Circles*" to be organized, their names are ever remembered: they to do their part in the extending and interpreting of the "Wisdom from on High"—the "Covenant of Mazda: "*May I be permitted to draw nearer, making and declaring, PEACE!*" And humbly all reply: "*Ahura Mazda, come!*"

—Guromano.

SIP AND GOSSIP

Just a little gossip now and then is relished by the gods and men—

But this is not gossip in the narrow sense, it is like a sip of a refreshing drink on a hot day, although the hot days are practically over, still the mind will recall the days spent together in Gahanbar and at banquets.

The Gahanbar at Lowell still constitutes the topic of conversation among the Saints, for it was one of the grandest events in the history of Mazdaznan in the East. It was practically an Eastern Gahanbar, the Central, Western, and Southern States having figured on the annual visit of the Master, gathering in the form of banquets to gain the usual instructions so valuable to the intellectual and scientific mind.

These annual and semiannual gatherings prove the strength and growth of Mazdaznan so much so that even the world begins to admit it's power, devoting it's best pages to comments upon Mazdaznan, using their best artists to publish pictures which even flatter the Saints.

It is with thankfulness in our hearts that we commit the press into the hands of the Lord to continue to bless them so as to get free advertising, for Mazaznan is an economic system and cannot afford to pay thousands of dollars to newspapers. The ways of the Lord are wonderful indeed; yea so much so that we continue to say—"God moves in most mysterious ways his wonders to perform."

Our little Master bears his burdens most admirably and with all the obstacles thrown into his path, even all the attempts of assassination, does not make any visible or invisible impression upon him. In his usual noncommittal way he moves freely in the midst of men and follows his program with precision.

Making no pretence, setting forth no claims, our little Master works as before, always setting the pace; always living his life. — Bless his soul!

JOURNEYINGS

Not enough that beef ran up to prices beyond the reach of the day laborer, even horse-meat went up notch upon notch until women took upon themselves to follow the example of the English suffragettes and take to smashing butcher shops. It is only to be regretted that ignorance never knows reason and always starts reform at the wrong end, for what can the dealer do when the cause of monopoly lies with the meat baron and a government whose duty it is to see that the people are not being overcharged. As long as flesh remains a necessity for a certain class of people, it surely must be within the reach of them all.

The advice of Jesus nearly two-thousand years ago was, "Watch and pray, while he who labors not is not to eat." The philosophy of Jesus is that of "this day" when we may eat our bread with thanksgiving in our heart, bearing neither hatred nor malice toward either rich or poor, learned or ignorant, "for he who but thinketh of revenging himself hath already committed murder in his heart", as much as, "he who looketh upon a woman to desire her, has in his heart committed fornication." As far back as 3363 years before Christ an Egyptian Ruler, known as King Pta Hotep (see footnote) expressed his trend of thought most poetically, betraying the spirit of Christ on the one hand and that of Omar Khayyam on the other. One stanza will suffice to reveal the trend of his thoughts, when he counsels—

Just be composed, in trouble smile on fate,
Let peace be yours when others agitate,
For they who labor with unruffled calm,
These men succeed, they carry off the palm.

From the oldest book in existence, the Prisse Papyrus, now in the Biblioteque National in Paris.

THE PUBLIC WORK

Of certain statesmen and of late even of professionals it is said that they have expressed themselves in regard to their opinion of the public by saying, "The public be damned." Now that is rather unkind to say the least; unkind on the part of those who are reported as having uttered it; unkind of those who have reported it. In public and before the public, working for the good of the public, we must always remember that for any of their shortcomings not the public is to be blamed, for conditions and environments are the controlling factors and if we have something to offer or a message to impart we must do it in a spirit of consideration and sympathy.

There are times when the public forgets its duty as will a child forget its part when entertained beyond its measure of concept. In a fit of enthusiasm it is apt to become forgetful to the loss of those who give their time to the enlightenment of the people. But it was ever thus that the teacher is the poorest paid of all the professions. We still remember the old "schoolmaster" and "schoolmarm", neither he nor she being able to afford anything decent; and the pupils not knowing better than even to poke fun at them.

A world-renowned public lecturer who has done more to enlighten the Bible students of the civilized world than all the publications of the last three decades; wrote as follows:

"I am working very hard but seem to get nothing toward meeting any expenses, and am therefore running into debt as I have also to keep up the Washington home. Don't know what is the matter with the people that they do not give willingly. The meetings have been very well attended and people come up to me after the lecture and thank me for the good I am doing them and say all sorts of nice pretty and seemingly sincere things—but when the plate goes around it is only about every third one that gives." Touching upon this

subject; a great many have made this remark. We get so entranced by your explanatory talks that we never think of the need of money in connection with your work and a feeling like a sudden jar is experienced when it is brought to the mind of the absorbed listener, who even feels a repulsion to be awakened from that far away vision of soul life, to be brought back to money matters.

Many will appreciate the above, having had similar experiences although we know that people who keep tight their pocket-book are not prompted to do so because of the sacred thought passing through their being, but because of their greed, avarice and selfishness, touched by a sense of sensationalism and sensuality.

An awakened soul has reason, knowing that inasmuch as it takes money to have your senses entertained, it will require means to be instructed on topics of a higher life.

BUDDHA said: "The Path unto perfection is fourfold:

- (1) Prevent bad qualities from arising.
- (2) Put away bad qualities which have arisen.
- (3) Produce goodness which does not as yet exist.
- (4) And increase the goodness which does exist."

And Hafiz said to Mazuf, "What can I do to protect myself in the midst of this hypocritical world? And Mazuf answered, Don't count the leaves upon trees, nor care for the bark or shade, but pluck the fruit, if such be there and go thy way in peace."

Said Mazifer Din to Bahram Khin. "Mankind I can't fathom."

"I declare", said Bahram Khin to Mazifer Din, "Neither could Allah, my friend; for said he not to Abba Lot, 'I shall burn them like chaff and tare.'"

Should you take everything in this world seriously you would certainly despair. Take earnestly what's of sense, but laugh off what is dense and you'll pass thru this life right fair.

NEW YORK ILL-FATED

Grand as the sight may seem, particularly in the blaze of light at night, New York has always been thought uncanny and seems to convey the idea to the prophetic eye that as a city it will follow the fate of Babel, Nineveh, Corinth, and others. Many have predicted the fall of New York City although few give a definite date.

Some have made their calculations from an engineering standpoint which would give New York as long as 1924 to repent of her heathen ways; while some explain the catastrophe in a spiritual sense and simply predict a sudden terror that will drive many into other parts of the country.

Sister Maria Benita Frye, in dictating her last utterances on her death bed said among other things—

"Before two years are past--about the end of 1914---yellow invaders and negroes will be throwing dice for the fate of the last American girl in Central Park, New York, amid the smoking ruins of the great city given up to the idolatrous cult of the Golden Calf."

"AVESTA IN SONG": A new edition of "Avesta in Song" in extra-fine, flexible, leather binding, has been published by the Mazdaznan Press, at 3016-3018 Lake Park Ave., Chicago, Ill. and will be on sale at \$1.30 prepaid to any part.

"AINYAHITA IN PEARLS"; Second Edition; Deckle edge; leatherbound; a piece of art; limited edition; every copy numbered; to subscribers of THE MAZDAZNAN AND MESSENGER only; Price FIVE DOLLARS. Send orders to

MAZDAZNAN PRESS,
3016-18 Lake Park Avenue, Chicago, Illinois.

THE PEARL OF PEARLS

Our Blessed Master—

Hail to Thee: Ten thousand times Hail:

Ainyahita has come: "The Pearl of Pearls." Beautiful, divine, radiating a pure sweet Holy fragrance. My heart is full of Joy at the sight of the dear Book, and deeply moved by the loving tokens of Thy dear hands

The Olivebranch is so beautiful, and acts as a peaceful reminder of responsibilities to be lived up to every hour of the day.

Truly all has changed for the better. Undesirable influences and tendencies have dropped away. Thy picture radiates a living all-seeing presence.

Language fails to express my loving gratitude. Only by obedience shall I express my thankfulness for this great boon from "Lord Mazda";

Ever grateful,

Olive Branch.

FROM VEGETARIAN MAGAZINE

Dr. O. Z. Hanish,
Dear Friend:

The extreme kindness and special favor shown in your recent courtesy to us has inspired me with a wish to at least express my appreciation of this extension.

Of all the varieties of vegetarians met, and they are almost as numerous as the stars in the heavens, if not the sands of the ocean, the Mazdaznan come nearer my ideal of what real vegetarianism develops, than any seen elsewhere.

Both Mr. Albert and myself shall always be glad to further your interests.

Assuring you of my best thoughts and vibrations

I am faithfully,

Jean Roberts Albert

Mazdaznan

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September 1913

AINYAHITA ECHO.

THE Blessed Pearls of our Mother Ainyahita are a source of never-ending joys to the Saints of Little Bethany. Her lofty spirit comes to bless us, not only in Thought but through living Words and the accomplished Deed. The services in honor of the presentations of these Holy Books of her endless chain of Pearls were so wondrous that the heart alone can feel the fullness that comes to them here and now, through a life of pure and holy Thought, Word and Deed. May this Peace of Mazda come to all hearts who are worthy and ready for the One Perfect Message that breathes of Life. And may the chosen ones grow and expand in the beauty of Love for all their own kind and kin, that in humility, simplicity, compassion, we may bless one and all. We are overwhelmed with the thought, possessing this priceless Gem—"Ainyahita in Pearls."

Veiled in tears of gratitude,

RUTHKEN HILTON.

FROM NORTHERN STRONGHOLD

Our Blessed Master;

Hail to Thee! Ten Thousand Times Hail. Our heart is rejoiced beyond expression of joy and gratitude, for we possess the priceless Volume of "Ainyahita", so long pictured in our mind's eye as the very Acme of Perfection. It is that and even more; and the portrait of the Master is divinely superb.

The dear ones who are to receive theirs in Lowell are more than pleased.

Mother Adelia

Kalantress of Mazdaznan in Canada.

M A Z D A Z N A N

(Master Thought)
 AND THE
MESSENGER

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M. E. R. HILTON. 54 Columbus Ave., Lowell Mass. U.S.A.

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KEEP STILL, KEEP STILL

When in the presence of life's mill
Hold well thy tongue: keep still, keep still!
What are men who about thee stroll,
That thou confid'st to them thy soul,
And open'st up thy heart so free,
That only lives and beats for thee?

What care men for thy grief and pain,
Thy joys they surely seek in vain;
The heavens keep thee in defense,
In moon, star, sun, place confidence,
To them reveal thy bosom's fill,
But before men: keep still, keep still!

Unto the clouds and waves do tell
Whatever sorrow thee befell,
And to the rock, the blade, the flow'r
Reveal thy heart and gain new pow'r,
But before men speak not of ill,
Remember this: keep still, keep still!

Rev. Dr. O. Z. Hanish

SERMONETTES

WISE IS HE who knows God, the origin of wisdom, for to be one with Him who was, is and ever shall be, one is equal to the position attributed to thought Divine.

CONFIDENCE and trust in our highest *ideals* means relaxation of the body, which saves us trouble of mind or injury to the body.

THERE is no greater proof of the reality of the presence of God than man himself.

AS MAN must possess perfect sight to be able to discern objects, so also must he possess truth to determine the objective of the same in the world of senses.

WHATEVER befalls you, be sure you breathe long and rhythmically, as this alone will aid you in remaining on your feet.

HE WHO has a clear conscience, with a mind determined to follow the still, small voice of the Spirit, carries a happy smile, hums a most pleasant tune, and keeps his hands busily engaged in pursuits of life. 'Go and do likewise.'

ARGUMENTS are but illustrations of words, which will pass away, but the Word of God as expressed in the Open Book of Nature *remains*.

IN A PERFECTLY balanced frame of mind we neither shun the pauper, nor fear the highest potentate, feeling in our heart the superiority of kinship with God when in the presence of any form of life's expression.

SPEAK ONLY when prompted by the spirit of kindness, consideration, judgment, and you will always speak the truth that reaches the heart of him who faces you.

DENY NOT evil, sickness, sin or sorrow; rather confess the same, but retrace your steps in your mode of living, thinking and associationship. In short: 'Go, sin no more.'

THE SECRET of power lies not in the *size* of things, but *endurance*. The position of the body determines one's mental, physical state.

IF YOU ARE mentally depressed, take a seat keeping still; breathe for a while and watch the operations of the mind—then think. As soon as you feel quickened by thought, delay not the command—go and do as the spirit reveals.

HINTS OF THE SEASON

BREATH—Take a long, full breath prompted by good thought or prayer; breathe out what goes to seed, breathe in draughts of greater need; keep in step with each demand, and health, wealth, peace, thou shalt command.

DIET: No bottled or canned goods, no tin can or paper bag foods; every dish to be freshly prepared. Leftover food to be thrown away. Use cereals, grind the grain and sprinkle in boiling water; such gruel with cream and fruit is very wholesome. Make meal on perishable fruits and unfermented breads; when well, fresh assorted fruits, a piece of bread and cup of good coffee.

INDIGESTION, dyspepsia, stomach troubles: use white grapes three times daily; also use cream freely with other fruits; eat little bread and that dipped in boiled olive oil, well sprinkled with cayenne pepper.

OUT OF SORTS: Rub bowl with garlic; break egg into it, add teaspoon olive oil and several dashes cayenne pepper; pour boiling water over all; sip while hot; if hungry add slice or two of dry unfermented bread sprinkled with cayenne; have a nice side dish of green pepper salad with lemon juice.

MILK TOAST to finish meal of blue grapes inestimable value for cure of skin troubles, eczema and salt rheum. Keep vegetables for a future day, after autumn leaves have fallen.

PAIN, griping: Strong tea made of ginger fruit or root.

SCALP is best treated with a wash of salt brine, touched up with finger tips dipped in kerosene; oil hair at night with petrolatum and brush until smooth and oily; in morning wash hair with water softened with borax, and add one teaspoon of kerosene to five gallons water.

IN SEASON: Fresh ground flour, fresh corn, fresh cereals; plenty of fruits, peaches, plums, apricots, if costive; counteract stone fruits with seedy fruits to get best results.

LEMON and white grape juice eliminate uric acid and gravel, tone kidneys, strengthen urethra. Meals of honey and unfermented bread for kidney and bladder disease, finish with tablespoon lemon juice. Lemons are of inestimable value for scrofulous and skin diseases; eat lemons as you would apples; begin with one lemon a day, increase to nine, decreasing as you improve.

MAZDAZNAN HEALTH AND BREATH CULTURE

BY DR. MED. O. Z. HANISH

Reveals to us a regime which when followed cannot fail to make us happy and successful men and women.

IN THE MORNING

Upon awakening stretch one limb at a time, then all, at same time breathing out completely.

Either take a quick hot bath, a cold plunge or placing feet in cold or hot water, proceed to rub off body with cold water or slap with a towel dipped in cold water, or rub with a Turkish towel alone. (Methods should differ with temperaments and seasons.) In Catarrhal troubles the latter two methods are advised, promoting final cure. Add every movement possible. Room should be free from draft.

Rinse mouth thoroughly with three to five prisms of Pomanganate of Potash to a tumblerful of luke-warm water, alternating from time to time with three drops of Oil of Camphor, Oil of Sassafras, Thyme, Sage, Vermouth, in a tumblerful of hot water, and occasionally the last mouthful may be swallowed where there are stomach and intestinal troubles.

Teeth should now be scrubbed with any good paste and polished off with charcoal. Where the teeth show signs of decay they should be attended to by a conscientious dentist even if

the honorare should be a trifle higher; teeth should not be trifled or experimented with.

Attend to the hair and lastly the face, neck and hands. As to the face the treatments differ. Some texture holds its own best by first applying hot water and thereafter cold; others improve by free use of Almond Oil followed by thorough rubbing and the use of a well-perfumed Beauty Cream. It is well tho to give the face a good "icing" once a week. To do the icing take a small silken bag four by five inches and fill it with a teacupful of chopped ice, mixed with a teaspoonful of salt; move the bag slowly over all parts of face and neck, until flesh feels firm. Now apply a little Creme or Almond meal. This treatment will also be found very effective after shaving.

It should not be necessary for us to refer to the wearing apparel, still it may be well to be reminded, that irrespective of the hurry we may be in, the underwear and footwear should be fresh and clean every morning, besides being dry, warm and dustless. This will be particularly appreciated in a damp climate or during the wet season. Much depends on the porous action and general circulation, both of which may be greatly improved by frequent change of stockings, preventing cold and catarrh, eliminating the latter, if troubled by same, by following above instructions.

BREAKFAST:

Whether following mental pursuits or en-

gaged in manual labor, it is best to eat lightly for breakfast. More good and sound work is done on a practically empty stomach. In case of restlessness during sleep, a loathesome and tired feeling in the morning it is best to resort to a cathartic rather than to be eating a hearty breakfast. The normal man will best thrive on citrus fruit juices, fresh and baked fruits, slightly toasted rolled wheat and rolled oats, slow-toasted bread with milk or cream; occasionally a poached egg, if in season; French drip coffee with plenty heated cream; tea with lemon juice and rum; cocoa or chocolate made with milk.

Cereals should never be cooked; eat them with fruits almond, pine nuts or sweet cream.

Take your time eating; partake of food with thanksgiving and consideration in heart and mind; relish every morsel by masticating food or drink. If annoyed with dyspeptic notions take a pinch or two of Willow bark charcoal, otherwise take a teaspoonful of lemon juice, rinse mouth thereafter, place a fresh mint leaf on your tongue and go out into the whirlpool of the world, coping with the conditions of the day, as a means of sharpening your wits.

FORENOON:

The forenoon should prove the time of man's greatest activity, and it will where the stomach makes smaller demands upon the circulatory system, the latter becoming engaged in supplying brain and nerve.

Five hours of work on a light stomach are equal to eight hours, interspersed with meals. Take for an example the foreigner with his five to seven meals a day.

Take joy in your labor as the equivalent will be gaged according to circumstances. There is no loss—all is gain. And whenever in the least dubious, breathe out prayer.

LUNCH-TIME:

The wise man will still his hunger only, at such a time. And this he will do with cooling, refreshing, invigorating, substantial, sun-kissed foods. The man who eats what he calls a square meal, washing it down with a large quantity of liquids, may feel “happy” in the region of the abdominal corporation, but he is no longer fit either to do justice to his manual duties, neither is he of benefit to the concern he has offered his mental attributes. The greatest blunders are made upon a full, crowded stomach.

It is well to devote ten minutes to breath and body gymnastics, eat a light salad, a small dish of cracked wheat and take a walk.

AFTERNOON:

Will prove equally as productive as the forenoon, especially if attention is paid to thorough emptying of the lungs every hour or two. Afternoon is generally given to a critical spirit, especially where the lunch lies heavy in the stomach, the liver and bile turn

sluggish, while the lungs are overcharged with carbon. Attend to your task and duty most conscientiously, and whenever the slightest irritation suggests itself, breathe out a prayer.

DINNER:

Also known as Supper should be our principal and only real full course meal. Time should be set between five and seven o'clock and not later. In case of exhaustion, fatigue or overwork it is best to take a hot bath upon arriving home; add to the tubful of water two tablespoonfuls of sal soda. After a quick bath, put on fresh clothes, and you will relish your dinner; however simple the number of dishes. The appetite will be excellent; while food eaten in a happy mood will be readily assimilated.

After a good, wholesome dinner, no task will be too great, no distance too far to attend a lecture, the theatre, or spend an evening in company with friends, never speaking of one's business, but rather be all eyes and ears, and get pointers.

Breathe out, Breathe out, O Savior of
Liberty,
That beauteous gospel of liberty upon all
minds,
That with understanding we may breathe
in intelligence born without fear, nursed
without favor, a free distributor of
knowledge to all men.

THE NEW EARTH

“The Prophecy of the Ages is about to be realized!

After Eons of Time the Promised is to be fulfilled!

Since the Beginning, the Hour of Redemption has been known!

Creation and Evolution have all been fixed, according to Divine and Natural Laws, which are one and the same!

The Millennium is a Matter of Cause and Effect prearranged!

Ordination and Predestination are real live Facts in the Scheme of Salvation!

All Truth shall be revealed at this Time!”

Such revelations do not surprise those who have made a study of the Scriptures and a scientific investigation of History and Current Events. That there must be a Divine Purpose underlying life is the knowledge of those who really do *live*. Anyone who has overcome and can penetrate the phenomena realizes that there must be an eventual Goal. The great Ancients were Masters of this thought; long before the Dynasties of Egypt; and some Egyptologists of today know that the hieroglyphics of the Pyramids not only reveal the Past but predict the Future, 1913 to 1960.

All thinkers agree that present conditions have little or no real foundation, and being constructed on sand instead of on a sound basis of true equality or holiness (Oneness or Brotherhood) cannot last. For the few to

'corner' all the products and resources of the Earth; and then to allow nine-tenths to go to waste, thus making a supply quite inadequate to the demand, explains the criminal and destructive System of Economics, now enslaving mankind. Equal Rights are not, therefore, possible.

Justice will not, cannot, permit of a contamination of this state. Nature will assert herself! If the powers administering the Law cannot enforce the Law, the People have no other means but to take the Law into their own hands. This will mean combat and the shedding of blood, but how else can Righteousness, under the circumstances, prevail! This is not all—would that it were! Restoration cannot come by revolution alone. The pendulum has swung too far! The civilization of today is not civilization at all! It is nothing but a hollow mask!

How rarely can true Christianity be discerned in the motives of life. Only here and there can be found the individual bearing and uplifting the Cross. Yet on him depends the New Earth. How can it be brought about?

For the answer we must search the Scriptures; though the Voice has spoken it—Ainyahita tells it fully. In all soberness the answer is dreadful! So much so that the world will not, dare not, believe such ways and means possible. If, they say, "There is a God (which we doubt) those who believe in Him, say He is a God of Love, so He cannot use such

weapons of destruction in order to redeem.” Let not this doctrine carry weight with the Elect. God could not be a God of Love, if He were not a GOD of Justice. He has given to all mankind free Will, free Laws and free Warnings. Those who will not heed and conform, must pay the penalty. They cannot blame *Him*, for they know that the “Wages of sin are death” and “As ye sow, so shall ye reap!” No other way is lawful or possible to the Lord God, but to allow the Kharmic conditions, made by man, full sway. The law-breakers will be judged by the Law; but the *just* need not be afraid. In the “Message of Peace” lies safety and redemption; for to him that overcometh shall be given life everlasting. From the four corners of the Earth, the Elect shall be gathered; those who have come out of great tribulation; and have not been found wanting. A New Name shall be given them — Armageddon past — the Earth will be redeemed and the “Transparent Race” ushered in.
— *Guromano*.

“Years are coming, years are going
Creeds may change and pass away,
But justice and power is growing,
Stronger, surer, day by day.
Human love will spread a glory,
Filling man with gladsome mirth,
Songs of joy proclaim the story
Of a fair transfigured earth.”

THE LIVING CHRIST

"WHY SEEK YE THE LIVING AMONG THE DEAD?"

The fact of re-incarnation, comprising as it does, creation, evolution and therefore all correspondences, is the *key* to higher Truth. As a study, it is the greatest of all, because it is the study of self. For, as the search progresses, knowledge unfolds and the light illuminates, in a manner natural, because spiritual. In comparison with other laws as explained in that most wonderful of Pearls, 'Ainyahita and the Resurrection', it is simple. Yet, Immortality, and the whole scheme of life, lies in the realization of this law. Christ told His disciples that He had lived before, and would live with them forever. May He not have lived many times, since two thousand years ago? If, as He said, "I come to fulfill the Law"; and really did live as Man, as we know and believe, He too would be subjected to this Law of Being. Hence, His 'Second Coming', as promised by Himself, is certain! This is the doctrine, taught by His true Apostles, and summed up by them in the teaching: "*He Liveth!*"

G-----

BUDDHA said: "Well-diggers lead the water wherever they like; fletchers form the arrow; carpenters bend a log of wood; wise people fashion themselves and falter not amidst blame nor praise; having listened to the law, they become serene, like a deep, smooth lake."

WHEN I KNOW

There is Light throughout our daytime,
Even at night there shineth Light.
Be this daily then my question:
Do I always do the right?
Do I follow my heart's bidding?
Do I act right, nobly, best?
Do I work with all my power?
Do I prove I am divine?
Do I act as I am thinking?
Do I help those that are sinking?
Do I rescue them from shame?
Do I see my own reflection in the animal and
all factions represented by mankind?
Do I live by self-abnegation, loving every tongue
and nation?
Do I seek the better part?
Do I always stand for justice?
For my brother's cause, do I always fight?
Do I feel to sacrifice, if needs be, my own
life ev'n unto death?
Do I use my very power to upbuild God's glorious
Bower over foe or friend alike?
Do I feel, it's all illusion
When I fall into delusion
That I live for my own self?
Do I know that glorious lesson, that Esau-
Jacob I'm myself?
That they are but the conditions which shall
lead me through all nations, from out
darkness into Light?

If I know then what my duty, if I know
 what I must do,
If I know then my position, know of things I
 must undo,
If I know whate'er befalls me, that I'm
 steadfast to the end,
If I know that God, all loving, called me to
 Him not in vain,
If I know wrong perpetrated, that I never
 will uphold,
If I know it must be righted—even though
 through death I go,
If I know through me 'tis given, to consider
 all things good,
If I know that any labor gives me ample
 livelihood, If I know it is an honor to
 produce, to work, create,
If I know I owe my duty to myself, to love,
 not hate, Then I shall gain satisfaction,
 then in peace on earth I'll dwell.
Then I'll hear the sweetest music, although
 but the ringing of a bell.
Then this world will grow sublimer, as I
 closer to it draw.
Then I shall enjoy the pleasures that in
 dreams my mind foresaw.
Then with eyes of open candor, even into
 suns I'll look,
Then the universe before me shall be open
 like a book, Then no sorrow, no more
 trials, nor temptations I'll endure,
 For the old will all be vanished,
 Heaven and Earth be always New.

BE THANKFUL

In all the teachings of the Master, he has inoculated the thought of *thankfulness*. Are you taking a dip in a running stream before sunrise; are you basking in solitude in the morning sun; are you dining on a dry crust, on fruit and cream or partaking of a banquet; are you sipping an herb tea? Then in prayer and thankfulness be conscious of what you are doing.

In fact, mix thoughtfulness and thankfulness with every act of whatever nature. This will not only make us temperate in all we do, but the presence of a thankful spirit in us is the real secret of health, beauty and long life. Why? Because it is a direct expression of aspiration toward and recognition of our Father in Heaven; it creates a channel through which help can and does flow from Him to us, as is evidenced by the fact of abundant vitality in those who express thankfulness, as by the negative evidence afforded by the drawn appearance carried in the features of those who are egotistic and selfish.

By intelligence we appreciate the fact that we exist not of our own volition, but that we are created from the body of God, that we may live, grow and gain experience and knowledge through all the avenues of joy and pain that the earth affords, advancing steadily along that spiral path that will return us event-

ually to our ancient home and to our Father. Thus in each joy and in each experience we are thankful for having the chance to take another step along that spiral path: thankful that the Lord Mazda continues to shower benisons upon our lives. So we would be ungrateful, realizing this, did we not hold heartfelt thanks for the merits that border our way through life.

“Nourish the Gods that the Gods may nourish you.” This is the law. It is not that they would not nourish all, but it is difficult for them to extend full help to those who reject their help. Those who extend love receive manifold returns from them; and the help comes in a direct way sometimes through the quickening of intuitions, and sometimes in receiving opportunities to work off (pay off) old debts we incurred in ignorance in the past; for we may feel and know it is all in the line of adjustment and advance,

And as all the world is interlinked, the fact that we are thankful, not only gives us grace, but by augmenting the volume of good in this world, it measurably helps all other beings a little toward the point where they, too, may gain understanding and thankfulness, and the opportunity to travel faster.

Make thankfulness a constant factor and it will aid in developing a *vital* will, that will become potent to call results into being. Be thankful; retain life, health, beauty!

Prof. J. A. Johnson.

AN ALLEGORY

"A great Prince was called to make a journey. The first city of his dominion he passed through at night-time. His horse seemed to have much difficulty making way over the badly kept streets, lacking any light to pierce the intense darkness that enwrapped the outline of all objects. Suddenly the horse trembled and stopped, refusing to step on. The Prince calls loudly for some citizen or watchman. He hears light footsteps coming his way and perceives a wan-looking, thinly-clad man by his side, asking what he, the Prince, wanted.

"Bring me a light! This city is a disgrace in its untidiness, its impassable streets!"

The man brings a lantern and the horse is found to have its forefeet in a horrible cesspool. The Prince directs the man to parole the streets with light every night through the city. Then the Prince went on his journey further.

The man has no money and knows his task will be difficult and unpleasant. He has to make his own wick and oil for the light he is to carry. The making of these requires much patience and skill. To buy the things required for the oil and wick takes the little money he has. He goes with little food that he may have proper supplies for the lantern. After his first night's duty is done, he hears

many protests; important citizens are disturbed, for the light shows up the ugliness and neglect of public thoroughfares. After a few nights more of service with the light, he is arrested and brought before the court.

It is charged, that he has spoiled the appetites of the guests of Thermida's High Roller; the lantern revealed the stagnant pools, dead rats and scurrying bats. The court finds the man a nuisance with his light: they hold that he should be checked from upsetting the peace of the city. Another charge the court says: one night the light found a young girl drowned in the cess-pool—she accused a high citizen for her broken heart—therefore we cannot permit this man to disturb us with the light!

A young advocate rises in the court room to argue for the man: the great Prince passing on his journey commanded this man to bear the light through the streets of this city; this the man has done faithfully in the face of everything—abuse and privation. This man should be upheld and lauded by the dwellers of this city; he has obeyed the High Command; in bearing the light through the dark streets, it is no fault, no crime of his, that all stands revealed. Does not the light show up both fair and foul; and if blame there must be, then *the light* can answer for the man."

O Thought Divine, In thee
I live and move and dwell.

STAGES OF DEVELOPMENT

Springtime or sowing; summer, growth and activity; autumn, the harvest: nature never tires of her ceaseless repetition of the same laws, conditions and activities.

The laws of the universe, not being haphazard, unfold to us the working of cause and effect everywhere, at all times, and under all conditions, even in the cyclone, the earthquake, as well as the sunshine and gentle dew.

Job expressed beautifully his sense of this perception of eternal principle or law, when he said, "Though I make my bed in hell (take notice, he owns up to making it there himself) still Thou art there."

So slowly work the laws of destiny, that for countless ages *we* have been in the making--through mineral, vegetable and animal--before man appeared. But it is just beginning to appear what he shall be — *the transparent race*. We have gone a step beyond St. Paul, who said, "It doth not appear what we shall be." But since he had a poor opinion of woman-kind, how could he have a proper conception of the highly developed man.

Jesus in speaking of the gradual development of humanity, illustrated it simply from nature: first the blade, then the ear, then the full corn in the ear.

We have all recognized the fact that growth

is most gradual even in the highest forms of life. Man attains his maturity after a score of years. The monad completes its natural life in a day. Some of us would be monads—we try every short cut to force the culmination, demanding harvest when long periods of growth are required. Why should we become impatient, if development is slow in the higher forms of creation? Yet a critical world demands perfection of those who have claimed the *higher life* and demand to see “the corn in the ear” before the harvest time. But we must be granted the years for fulfillment, proportionate to our place in the scale of life. Remembering the law of cause and effect, “As we sow so shall we reap”, we will as conscious souls have to be on the alert for the promptings of that inner voice. No Master can live or die for us: that *individual* breath is mine alone to learn, exercise, control.

Discrimination and self control, no one can have for us; it must be mine. Whose faith but your own will unfold you, when encompassed by great darkness; what love but your own will unite you to that invisible force that holds together and moves worlds in space? How many years are given us to learn tolerance for all, equal to our Saviors? How long of never-ending activity in carrying out the priceless instructions of our Master?

That great interpreter of life for little children, Froebel, has said, “Many of the evils which are the destruction of individuals, fam-

ilies, trades and societies, have their ground in premature or unripe activity, or arise from expecting the fruition of deeds before they have had time to put forth leaves and blossoms; it is dangerous to force premature activity; it is dangerous to interfere in any way with a ripening process; it is dangerous to seize objects until they are ripe and ready for seizure; it is most dangerous to set unripe things to work upon other unripe things." This same Child Seer perceived the vital need to awaken these simple truths while children are still babes, eager to bite and taste everything about them; and as they mature, teach them to recognize the definite stages of development from unripeness to ripeness; lead them to understand that the use of what is unripe is dangerous alike to physical, intellectual and moral life: is destructive both to the individual and to society. If you can teach your children this truth and make them obedient to its warning, you will be one of the greatest benefactors of the human race.

The destiny of all things is to manifest God, and as the highest culmination of God's expression—"*Perfect we must be.*"

Viola M. Woolson.

Man, behold in things of Nature,
Whether great or small the creature,
Ye, behold the face of thy Creator,
Ye, behold the *face* of thy Creator!

LIFE'S PURPOSE

Life is likened unto a river containing within it all the essentials of being—Being is God and God is All in All. In order to define Life we would of necessity have to define God. Man knows God to be Infinite in His gifts, talents, endowments and attributes—God and Life are inseparable—to know *one* is to know the *other*.

There is but one way in which Life is revealed to man, i. e. through the breath; hence *Breath is Life, Life is God and God is All there is*. Why spend time in idle fancy; why continue to be psychologized by the superstitions of ignorance, called prenatal and ancestral forces? As long as man is in bondage to these blind forces, all the higher intelligences must remain asleep. God manifests Himself to man through the mind, the soul, the Spirit, but man must ask, seek, desire—must arise—and through the exercise of his own awakened faculties, call forth his God-given powers and forces. To this end Mazdaznan comes to aid him in his honest, earnest endeavors, through its system of scientific breathing, exercises, dieting, etc.

Life with all its grandeur and beneficence, must forever remain obscure, until man awakens and through desire and aspiration calls out its boundless, limitless intelligence. To the pure, the honest, the humble, await all things.

LET GO

What has Mazdaznan to do with the dead things — the old and worn out conditions? Has not the way of life been revealed; yea, even the royal highway of wholeness (holiness) and perfection? Then, let go, awake! and with resolute courage go forward toward the green fields and flowing rivers.

With our mind concentrated on the work of "Reclaiming the earth", we shall have no time to give to the dead, inert things we have left behind; for the moment we begin to think of this or that and this "dear one" we want to save, that "precious heart" that must be redeemed, we have weakened ourselves, divided our forces and failed to *stand alone*.

Jesus said, "Let the dead bury the dead!" How potent and applicable are these words to Mazdaznan. Having awakened to the glorious possibilities before us, our success depends upon our ability to focus our minds on the great work at hand and anything that can no longer be of use, does not impart the elements of *life*, we discard. Anyone who refuses to climb the mountain of life with us, must remain in the valley below—we cannot wait or loiter by the way. It would make us very happy; yes, it would rejoice our very soul, could they see the glorious sun-kissed heights before us; but since they will not, we joyfully press on repeating the covenant of covenants:

"I am here upon this Earth,
To reclaim the Earth,
To turn the deserts into a Paradise
A Paradise most suitable unto God
And His Associates to dwell therein!"

CONCENTRATION

You are the epitome of the universe — crystallized in you are all the experiences of past existences; gathered throughout ages of evolutionary and creative processes. To become conscious of it all; to be able to enter the state of realization; this is your wish, your desire—a wish that shall be granted when the requirements of the law have been fulfilled. All the intelligences of the mind, soul, spirit and of Infinity, will be revealed when the work of redemption has been accomplished.

Jesus said, "If thine eye be single, thy whole body shall be full of light." In these words are embraced the whole secret of concentration. The ability to hold the thought and mind to the great purpose, obedient to the requirements of the law, governing the daily life, gives the power to conquer. Having thus transcended the limitations of all earth-bound conditions, we are exalted to the life of unending joy and eternal felicity.

THOUGHTS OF SWISS GAHANBAR

In the heart of Europe, the lovely town of Zurich, there was celebrated in the beautiful days of August 17th, 18th and 19th, the first Swiss Gahanbar.

Heaven's benediction dwelt with Associates of God, and to every soul was brought the spirit of happiness and peace. Wonderful words of wisdom were addressed to the true hearts of the Swiss, to his great, pure heart, which is the best of his being, his strength, and therefore destined to conquer and win.

Where is Mazdaznan in reality? Where? Where can it accomplish this great work, "reclaiming the earth, turning the deserts into a paradise?" Where heart's conscious thought lays the foundation to good words and deeds!

This mighty heart-thought found a worthy place in our midst; our souls were exalted to God, while the spirit of venerable unity blest us, one and all. A wonderful light began to shine, leading us to a place from which we could see with happiest feelings the greatness of Mazdaznan and the glory of our Lord Mazda. From the depth of our beings we breathed a prayer, the prayer of our Swiss-Psalm: "Pray, O Free Swiss, speak a prayer!" Know thyself and listen to the still small voice! The Will of the Lord is the Law of Holiness: Holiness is the Best of All Good.

Remember that Mazdaznan is the THOUGHT that MASTERS, wherein is found the peace that passeth understanding; the love that knoweth of no fear; the light whose wisdom guideth here; the life I now prize dear. Salaam, Salaam Aleikum!

Emilie Buschmann-Griesser.



A VOICE FROM NOVA SCOTIA

Dear Master: We were so glad to receive your letter of some time ago, and have had it on our mind to reply ere this, but there seemed so little we could say. Two considerations have always deterred me from speaking or writing to you much. One is that I feel I have no right to ask questions, as I know you wish us to work out our own problems; and the other is that I feel so very infantile and ignorant beside thee that whatever I could say would be but childish talk. So I content myself with listening whenever there is an opportunity reading whatever will help me to grow and learn, and communing with my own soul in the silence.

I have had quite an experience within the past few months which seems almost like a "new birth"; I have come into a better realization of the inner meaning of things you have said, and which I did not at the time understand. For instance: last summer at Lowell when speaking one day you said, "My God is not near-sighted." Whether you meant it for me or not, I took it, as I was the only very evidently near-sighted one present. I could not apply it to myself, however, and let it pass, but retained it in mind. Now I have grown into something approaching an understanding of what probably was your meaning. Something that has long slept seems to be waking within me, something long voiceless is speaking. I have come to a degree of consciousness of God, to the God within me I turn; with the God within me I commune; and now I am serving with all the light and understanding I can command to make my body a fit temple for the Indwelling Presence. Yours for protection and service —*Anna P. Creelman.*

AINYAHITA REVEALS THE WAY

The wonderful "Ainyahita Pearls", precious beyond the reckoning of all material value, has been received. So beautifully bound, so wonderfully translated, that even we may understand, and from our heart's innermost depths we send forth a prayer of thankfulness, that we have been permitted to join the chosen few who think holy thoughts, speak holy words and execute good deeds, inspiring us to attain a higher understanding. This Blessed Mother, even in our day, shows us the *way* unto Truth and Wisdom, opening channels for broader usefulness that reveals life's purpose and leads us into realms of never-ending joy and happiness.

Seattle, Wn. *Florence Brubaker.*

"AINYAHITA IN PEARLS" contains the "Wisdom of Ancients" and the "Knowledge of the Ages." Her voluminous Writings have proved to be the Fountain-Head of the World's Higher Civilization. Link by link we are able to trace, back to Her day and generation, the Origin of the Highest State of Perfection, Grandeur and Magnificence.

"AINYAHITA IN PEARLS"; Second Edition; Deckle edge; leatherbound; a piece of art; limited edition; every copy numbered; to subscribers of THE MAZDAZNAN AND MESSENGER only; Price FIVE DOLLARS. Send orders to

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3016-18 Lake Park Avenue, Chicago, Illinois.

"AVESTA IN SONG"; A new edition of "Avesta in Song" in extra-fine, flexible, leather binding, has been published by the Mazdaznan Press, at 3016-3018 Lake Park Ave., Chicago, Ill. and will be on sale at \$1.30 prepaid to any part.

WARM WAVES

WE receive the "Mazdaznan and Messenger" regularly each month and it is getting better all the time. With blessings of all good in abundance, Yours truly,
Mrs H. Palmer.

ENCLOSED please find name as new subscriber to magazine. The "MAZDAZNAN" is indeed a revelation of truth and a welcome friend every month. With blessings of peace and prosperity, I am sincerely
F. M. Solsum, M. D.

FIND enclosed subscription to magazine which continues to be a great blessing to me and I should be very sorry to be without it. Wishing you great success in this glorious work, I am as ever, your true friend,
Jennett E. Gibbons.

MY subscription is now due; the magazine is so full of cheer and comfort, and the new order of things, that one has a stronger desire to learn more of the truth and be led in the true Path of Realization. May the good Work go on and blessings of peace and prosperity shower upon all our own kind and kin.
Chas. W. Holt.

PLEASE find subscription for magazine; I want to see Mazdaznan grow and flourish more and more, for I know of no greater teaching. Yours in Mazdaznan, wishing you abundance of prosperity
Dr. Williams.

I AM sure my subscription must have expired, please find order for same and accept my sincere apologies, for the magazine is indeed our Messenger of Good Cheer.
Sarah M. Latta.

MARVELOUS DISCOVERY

What Mazdaznan Has Known Always For Its Medicinal Value, Dr. Gundrum, Royal Health Commissioner and Specialist of Food Values In Croatia Has Just Now Discovered.

EAT GARLIC TO BECOME CENTENARIAN

Do you want to be a centenarian? Then eat tscheschnakova and tscheschnakova tschorba. This is the discovery of Dr. Gundrum, who after many years of study and experiment, has reached the firm conclusion that garlic is an unrivalled life preservative.

Dr. Gundrum takes direct issue with Prof. Metchnikoff's claim that the well known longevity of the Bulgarians is due to their eating sour milk. The Croatian specialist disputes the assertion that the Bulgarians eat sour milk, but says they eat enormous quantities of garlic. In his report Dr. Gundrum says:

"The Bulgarians eat large quantities of garlic three times a day, especially garlic soup, which is prepared with grated garlic in water, vinegar and paprika. The Bulgarians are strictly orthodox and have many long periods of fasting, when they must not touch any animal food including milk. These fasts are rigidly observed and garlic soup is practically their staff of life."

Dr. Gundrum is convinced after five years of investigation that the health and longevity of the Bulgarians is due to their use of garlic. He attributes this to its disinfecting properties, its aid to digestion and its action on the intestinal tract.

New York Sunday Sun August 31st.

M A Z D A Z N A N

(Master Thought)
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MAZDAZNAN ANTHEM

Mazdaznan Light Divine!
Beacon of every clime
O'er land and sea!
Spirit of Peace and Love,
Come to us from above,
From realms of endless love
And liberty!

Upwards we steadfast climb,
Learning on Wheel of Time,
More to achieve!
And as we higher grow,
We shall most surely know,
Which is the road to go,
To higher themes!

Mast'ry of every Thought,
Worthy of being taught;
Thou givest free!
Thou art the growing Tree,
Unto vast knowledge, key.
Mazda! Alone through Thee,
Man comes to see!

So let Thy Voice Divine
Resound with thought sublime,
From sphere to sphere!
Thus wilt thou rise to fame,
Breathing blest freedom's name,
To all whom Thee wilt claim,
Throughout the world.

Vast countries far and wide,
Drop difference by Thy side,
Fellowship win;
Links of the growing chain,
Under one banner gain
Light from Thy Spirit Flame:
O Mazda, reign!

Christine Hall-Smith

SERMONETTES

MAZDAZNAN is here to remind man of his *need*.

MAN'S need is *knowledge of himself*.

WHEN MAN will understand himself physically, mentally and spiritually, then only is he ready to branch out into the study of the great universal cosmic science or to delve into the depths of the hidden mysteries of life.

MAZDAZNAN holds that man must *know* himself before he is eligible to the initiations of the Inner Courts. Yet man in his eagerness, in his ignorance, only too often carries out the trite adage: "Fools rush in where angels fear to tread."

THE SECRET of youth is revealed through observing the law of change—change of time and season. Nature is wise; she manifests her wondrous beauty through constant change.

NATURE NEVER grows weary, she never grows old; she passes through her *rest* periods only to come forth in renewed *strength* and *beauty*.

BY KEEPING in tune with nature, we shall be able to read her Open Book.

MAN WITH all his boasted intelligence can not keep pace with nature and yet nature is supposed to work blindly, while man has been endowed with infinite intelligence. The cause is obvious: nature operates harmoniously with and through her intelligence or the law, while man ignores his God-given powers and transgresses by violation and disobedience the laws of his being, which brings inevitable condemnation and judgment; for the law demands that every wrong be righted, every debt paid.

THOSE WHO would criticize must remember that no criticism can be worthy of note, except the critic can point to their own accomplishments that are of greater value than those which they have stood in judgment upon.

LOVE, compassion and charity alone will conquer the limitation of matter, and the undesirable phenomena born out of time. Not all is evil that appears so. If we extend to such the spirit of tolerance, we will in the end be repayed for our patience, as the seeming evils always culminate for our good. Hence the lesson we have to learn is one of hope, faith and patience. God will take care of the rest and we are thankful to leave it all with Him for His judgment is *just*.

HINTS OF THE SEASON

ONE RULE in nature: the first meal of the day is to consist of two or three fruits, or the juice of fruits; never more than three; saccharine and acidulous. Do not swallow the pulp, only the juice, well mixed with saliva.

AT THE NOON meal, cereals to be of value to health and muscle, should not be cooked or steamed, but eaten in a raw state. Two tablespoonfuls of raw cereal are sufficient. Salad at noon to consist of two, three or more greens, a little oil, nut cream, lemon juice. If you have to use bread, toast is preferred.

GOURDS, squash, pumpkin, eggplant, sweet and Irish potatoes baked and served with brown gravy will prove wholesome and nourishing at this season; eaten with raw cabbage and raw grated beets, excellent promoter.

RAW turnips grated, Spanish onions, raw spinach, mustard leaves or green peppers eaten consecutively for a month will purify the blood removing tumorous growths.

SELECTION for daily menus may be made from the following: raw peanuts, blanched almonds, figs, pine nuts, grated apples with cream, prunes, fresh ground wheat with cream.

IF BILIOUS, drink French Vichy with a little borax or salt.

BAKED barley, wheat, rice, all tubers, such as onions, beets, carrots and turnips, may be baked and served with tomato sauce or brown gravy.

NUTS IN SMALL quantities will be a good substitute for oil, of which as little as possible should be used, except in cooking.

WE EAT to produce warmth and to eliminate waste. Yet if we were to overeat—fire up too much—we would burn out. We must give the organic structure of our bodies more thought, study and consideration. We cannot violate the laws of nature and expect to be blest with health, strength and vitality.

MASTICATION must be good, so as to extract the aroma or finer essence from the food, that the nervous system may be nourished and the brain properly stimulated.

MAZDAZNAN hold, that they who violate the laws of life by interfering with evolution, by eating dead things such as meat, corpses, can not be in harmony with Nature and the Infinite.

MAZDAZNAN

According to recognised Oriental authorities Mazdaznan is "the Eternal Religion that stands behind all other religions." It is the Mazdayaznian Order of Zoroaster, and it is recognised throughout the Avesta as containing the sum and substance of the Zoroastrian teaching.

THE UNDERLYING PRINCIPLE

The object of religion is not merely to inculcate creeds and dogmas, but to enable the individual to become more conscious of that divine tie which binds finite man to his Infinite God as the only source of life, light and love. This is the principle that underlies all religions, and it is true, irrespective as to the name under which such truth may be presented.

The three Wise Men from the East and the numerous Aryan followers of Zoroastrian teachings who had settled in Palestine, were not the least ardent among the followers of Jesus Christ. Today also Mazdaznan regard the Saviour Jesus as the incarnation of Divinity, but we must all admit that a great number of people have overlooked many of the teachings of Jesus, except those teachings that are purely spiritual and moral.

Upon investigation we will find that the method of living as taught by Jesus was

identical with the teachings of Zoroaster, and today it is the mission of Mazdaznan to again call the attention of all nations to the use of such simple ways and means as will insure to the earnest worker physical health and mental power as well as spiritual realisation. Mazdaznan condemn no institutions, but recognise all things as means to an end, and simply declare a truce to personal opinions, so that in peace all mankind may come and drink of the waters of life freely.

RHYTHMIC BREATHING

The preliminary and public instructions of the Mazdaznan teachings relate to breathing, exercise, diet, and prayer on the breath.

Mazdaznan teaches exercises in rhythmic, conscious breathing, as practised from time immemorial, for the purification of the body through respiratory action, and in this way the body can become vitalised through oxygenation, and the brain cells become aroused to normal activity through the generation of electrism in the ganglia of the nervous system; and these conditions can be promoted to a much greater extent than would be possible without the use of systematic breathing exercises according to the Mazdaznan methods.

It is important that every part of the body should receive intelligent exercise in connection with breath control. We find that even all the animals must demonstrate this principle in order to perpetuate healthful condi-

tions. The Mazdaznan exercises in this regard are most simple and effective, showing immediate results that encourage and inspire.

Our bodies are built up of the food that we eat. It is then desirable that our food should be of the kind that will answer our individual requirements. Mazdaznan are strict vegetarians, and a knowledge of the Mazdaznan system of dietetics will go a long way towards the eradication of disease, the maintenance of health, and development of man's finer forces.

PRAYING ON ONE BREATH

Jesus taught His followers to pray "without ceasing," and that method is also taught by Mazdaznan, namely, to repeat the prayer on one single exhalation without stopping to take another breath until the prayer is finished and at the same time keeping the attention of every faculty of the mind fixed upon the meaning of every word. The result is that, without causing a strain to any part of the body, the lungs are thoroughly and gradually emptied of such useless carbonaceous gases as are ordinarily retained too long within the lungs because of insufficient exhalation. In this way we not only gain the spiritual benefits of concentration upon the good thought entertained, likewise sending out our prayer with greater force because of the concentration of our desire, but we also gain physical and mental benefits because of the organic activity so induced. *St. James Gazette (London.)*

THE CONSTRUCTIVE REMEDY

“God made man perfect, but he has made unto himself many inventions.”

The rarity of good health and sound common sense in these strenuous and culminating days is apparent.

Physicians and scientists gathered in solemn and distinguished convention do not hesitate to ventilate views and opinions, which if true, should awaken every soul to the discord and disease of existence.

For instance, we are gravely informed that “the people of the United States are going insane; that race suicide is prevalent; white slavery and prostitution, rampant; divorce common; child labor and purchase, certain; infantile mortality, extreme; alcoholism and drugs, habitual; crime and vice, general; graft and extravagance, evident; sensationalism, national; and that statistics show three quarters of the population tainted with venereal diseases.”

Investigation tends to prove that these are the pronounced and responsible statements of recognized authorities, not only of this continent but of other countries, though perhaps in a less degree, as well. In all seriousness, we must ask ourselves are these assertions correct; if so to what extent, what is the cause and what is the remedy and where can it be found; at what cost; and what is my part?

Reform we all know does not lie in denunciation and condemnation only, but in personal action, which alone gives permanent results.

Truly it would be useless to add to the opinions mentioned, to show that if the White Race is not deteriorating, it is not making the most and best of its opportunities. Everyone who thinks, agrees that conditions are unnatural, therefore strained, artificial; and one wonders, when and how it will be righted. "Justice must be done," they say! But are the regenerating forces greater than those of degeneracy, and are the practical, common sense means being used? Much as we desire it otherwise, it would seem that the powers for good are unavailing, and that even the religious denominations, though they dare not and must not say it, are not making satisfactory progress, judged by the only true test of character and results, in comparison with what should be expected. The obvious reason is that spiritual or uplifting things are lost at present in the vista of materialism, due to the strife and struggle of life, on account of ignorance and false ideas of happiness. 'Man cannot live on bread alone,' said the Christ; meaning that the things of the spirit are just as essential. Spiritual things are individual things; further, they cannot, except in the abstract, be legislated. Hence socialism will not benefit anyone who has not intelligence to know that "bread alone" will not satisfy. Thus the wisdom of the ages has ever placed

health, meaning holiness, first; because it is an individual, spiritual conquest, leading unto world's without end, i.e. *God*.

Let us consider the principal assertion made: "Insanity." Not even experts can be persuaded to agree on a definition of insanity; and rightly, because it is individual. What might be sanity for one, may be insanity for another; although only a 'brain-storm.' What we ask: are hysterics, anger, passion and hosts of other dispositional emotions of man, temporary or chronic, not a form of insanity or unbalancement? The age, environment, custom, circumstance and degree, must be taken into account. One may be rational in work, business and domesticity, but the worst kind of an 'extremist' in art and religion, or vice versa. Wisely the great Omar Khayyam asked to have pointed out to him the difference between "the one, who drunk with common wines, loses his mind and commits crime, and the man drunk with 'spirit' in his fanaticism, commits crime." The question is far-reaching; may it not be stated, the answer is certain?

Behind all things lies *thought*. It is the power and force of creation and evolution, therefore *life* itself. "As a man thinketh, so is he." The only thing man can be sure of is, "*I AM!*" Thus the God of the Hebrews, "*Jehovah*," means the present, past and future tense of "*I AM*"; which is exactly what our Master, the Christ, stated in saying, "*I am Alpha and Omega*." Thus, in the thought of '*I AM*'

perfection will come to this earth. Until this is realized and applied, there can be no *peace*. Since the "Days of the First Estate", it has been the object of 'evil' to pervert and attack all those who have this conception of truth. Insanity may then be said to be 'obsession'; obsession either of body, mind or spirit and the main avenue of attack: *ill health*, which we now know to be functional of the brain, due to congestion of the cells and organic constipation—a lack of development. Can anyone then, who is undeveloped claim to have proper sanity? Were it not that 'perfect development' is within the power of all, there would certainly be no hope! But fortunately the *way* can be had for the asking. "*I am the Way!*" said HE, who had overcome; and by the power of His *breath* was this possible. It is well known and recorded by His contemporaries, that He taught His disciples the simple and complete Laws of Nature.

So Mazdaznan the Constructive Remedy, once again comes to point out the *pathway* to Individual Liberty and Collective Freedom: to proclaim *Peace* to each and all: and to prove that there is a "Scheme of Life and Salvation," which is shortly to be concluded and the *law fixed* for all time, with the prophecy of a New Race, the Seventh or Sabbathian to be known as the "Transparent Race", fulfilled! Verily the First shall be last, and because Last, it shall again be First! (Read *Ainyahita*.)

—*Guromano*.

NATURE'S WORKINGS

Simplicity is the *modus operandi* of nature in all her infinite gradation of manifestations. How magnificently she teaches the four attributes of life, i.e., purity, simplicity, humility, obedience, and yet man continues to struggle to wrest from nature her forces and powers, through mechanical appliances. Men of commercial, industrial and scientific tendencies are still groping in comparative darkness, as they strive to convert the forces and powers of nature for use. Everything comes in its own good time. When man humbles his proud spirit, wishing no longer to monopolize God's free gifts for selfish ends, he will be able to see through the open door of simplicity, into nature's storehouse of endless resource. Then man may harness the forces of nature for the good of all.

It is the selfish spirit of greed, avarice, that enchains the world in the grasp of evil forces. The spirit of pride, jealousy and malice controls its victims, as they seek to build up their unlawful structures, only too often at the cost of another's downfall. These "hirelings" sometimes enter the fold and deceive the innocent. They are the "wolves in sheep's clothing", and as their work of destruction goes on, one is reminded of the words of Jesus: "It were better had a millstone been hung about their necks and they be cast into the sea, than to offend one of these little ones."

BE STILL

“Waste not thy life in letters of dispute,
Argument is death to the voicing of the Truth.”

OMAR KHAYYAM

This command "Be Still", is one of the most difficult to follow. Only the truly wise appreciate its great significance. It is the self-protection of the sages, born of experience; the divine realization of the absolute. Those alone, who have overcome the phenomena, who see the shortcomings of relativeness, and really know God, can "Be Still." Christ, when on trial, answered nothing. He knew the necessity and power of Silence. "The Truth must not be spoken at all times," is a saying appreciated by the discriminating mind. It is better far to *live* it. Generally as Socrates might say, "He who says, I know nothing is the shrewdest of all; he who holds his peace is the wisest and best." It has been said and with reason, that the truth, instead of giving life, will, when given out, mean death to many. How could it be otherwise? The still small voice born of good thought, good word, good deed, alone can answer the individual inquiry directed unto life. We must ask and we must listen, using thought before expressing, so that we may not reflect unto ourselves trouble or in anyway retard the great scheme in which each plays a co-ordinate part, particularly at this time.

Guromano.

ANGEL OF FREEDOM

In embracing the Gospel of Freedom, there can be no 'looking backward.' Freedom is the child of understanding, knowledge and justice; no taint of superstition can defile the garments that enfold this heaven-born child; no weak, faint heart need apply for the *password* that leads to these 'halls of learning'—only the *strong* and *courageous* can enter there.

For freedom man may venture all, and like the great Teacher of Truth said, "he that loveth father, mother, sister, brother, more than *Me*, is not worthy of *Me*." The Angel of Freedom is abroad in the land and *blest* are they indeed who have heard the sound of her *call*. Once, twice, yea, even thrice, does she sound the call—like God, she gives the call, but she will call *no one*. She may unfurl its banner, fling its immaculate folds to the breezes o're land and sea, that all may catch the uplift of its exhilarating wave—*lest we forget*.

"Suffering exists only where
there is defeat;
The Associates of Mazda are
ever victorious even
though at times they retreat."

Ainyahita XXII, ii, 2.

MAZDAZNAN

The word attracted my attention in a public announcement. Mazdaznan is not a new comic opera, nor is it a drink or a patent medicine. It is a religion. Owing to a neglected education in Oriental lore I did not know, or else I had forgotten, that Mazda or Ormazd was the good spirit of Zoroastrianism—the primeval spiritual being, the All-Father, who was in existence before the world arose. A handbill made me acquainted with the fact that on Tuesday next at Caxton Hall there is to be given the first of a series of lectures on physical health, mental power, and spiritual realisation as taught by Mazdaznan through Zoroastrian methods. The word fascinated me; I yearned to know more about the thing itself. I made inquiries, and discovered that there existed a British Mazdaznan Association. I also was able to make the acquaintance of one of the teachers, professors, of Mazdaznan, a lady, who comes from United States. I was shown a photograph of a tall man clad in a long white robe. In him I beheld the founder in its modern form of the faith which is described as the eternal religion that stands behind all religions; and a complete system of education that has no equal. His name is Dr. Otoman Zar- Adusht Hanish, of El Karman, Persia, and his status is that of President of the Mazdaznan Temple Association of Chicago, and the “Messenger and Master of that Tibetan

Brotherhood which has instituted every great movement for the uplifting of humanity since the beginning of history." I was invited to contemplate the noble physique of Dr. Hanish, the clearness of his eye, the erectness of his carriage, the entire absence of wrinkles from his face. 'Certainly he is a fine figure of a man' I ventured to observe. "Yet," said the lady disciple, 'Dr. Hanish is sixty-eight years of age' and I gathered that he had found the secret of perennial youth, following his ideals of Mazda.

Mazdaznan is something more than the religion that stands behind all religions. It is a method of living. The body must be carefully prepared for the reception of spiritual teaching. The physical education begins with breath exercises. When you have taken six lessons in breath culture you are conscious of having derived great benefit; but it must be Zoroastrian breath culture. The seeker after truth, preparing for the reception of the spirit and the knowledge of the hereafter must beware of spurious imitations. When you can breathe as Zoroaster breathed long centuries ago, you are inducted into a knowledge of Mazdaznan dietetics. This is the diet that eradicates diseases, insures absolute health and promotes the development of man's finer forces. It is a strictly vegetarian diet, such as built up the physical frame of Dr. Hanish and finds him at the age of sixty-eight without a wrinkle. The Mazdaznan live on cereals, nuts and fruit. To complete the making of a good Mazdaznan there

still remain the higher breath culture and Egyptian postures, inner studies, harmony and healing. Among other things the student is taught how to become a scientific diagnostician by which is meant ability to recognise different diseases that harass the mortal framework. Finally the body is brought into a condition to realise the omnipotent force that promotes and sustains all real development, reveals the greater mysteries, and leads to initiation and re-birth. And what of the spiritual teachings of Mazdaznan? My mentor while not lacking in communication drew my attention to the written word—the Declaration, Confession and Affirmation of Mazdaznan. I have read it and my feeble brain is in a tremor. The Mazdaznan language is often mystical, not to say obscure, in the extravagances of its prosody and leaves one gasping after enlightenment. In my own case my obtuseness may be traced to my lack of physical preparation; yet it may comfort some to know (I quote literally) that “Mazdaznan declare that the Infallible Plan of Salvation lies in the application of Processes of Purification leading unto Regeneration, with the first step essential unto Salvation from Ancestral Ties through the efficacy of rhythmic prayers and songs breathed *on the breath*, the utterance of language whereof guided by Thought, imparts freedom to the dynamics of Life assuring more perfect harmonic action throughout the body and its corresponding factors, quickening the latent forces to renewed operations, effecting

Restoration; filling the heretofore unclaimed energies with *Ga-Llama*, the Centralising Life Principle." Nor is this all: "keeping abreast with the spirit of the times Mazdaznan remain conscious of its Monotheism, Dualism, Trinitarianism, Pantheism and Polytheism, as revealed in the Macrocosm and Microcosm of the Infinite and Finite, ever blending but never ending." Mazdaznan has no very high opinion of books. It only recognises them 'in their proper place as results of the demands made at certain times.' Its one and only infallible guide is the Open Book of Nature, and as the grandest achievement in life it seeks the realisation of the maxim of Ainyahita:

*Stand alone and mind your own,
That alone will sin atone.*

In its confession Mazdaznan declares the painful in matter to be the result of obstinacy on the part of substance declining to yield to peaceful operation of intelligence. How the obstinacy of substance is to be overcome I do not find clearly defined, but apparently the faithful put their trust in the "still small voice of Spyaenta Mainyus in all its directions as coming from the realm of God." There is a prayer to Mazda which gives solace to the soul and whispers to the spirit peace. It is effective only if breathed in tuneless measure with fervour, zeal and the spirit of assurance "on one single expiration." As it contains over one hundred words one realises the need for the preliminary course of

breathing exercises. Mazdaznan is not antagonistic to Christianity. Zoroaster lived and propounded his system of religion before the birth of Christianity. Mazdaznan is so constructed that it will blend with any religion, provided, the preliminary studies have been carefully attended to. These include a course of baths, as unclean tabernacles are not fitted for the reception of the Infinite Light of Mazda. The Mazdaznan are expected so to regulate their lives that the surgical knife may never be applied to their bodies or the perilous stuff called medicine pass their lips. They believe in what may be called spontaneous healing through formulas of invocations and prayers; but they are not faith-healers.

The disciples of Mazdaznan are numerous in America, and there are some forty Centres for propagation of tenents of the faith in Germany. Dr. Hanish paid a flying visit to this country some time ago, but I imagine that in England Mazdaznan is a plant of tender growth. When I learn to breathe as Zoroaster; to live on vegetables, cereals and nuts; and renew my unclaimed energies with *Ga-Llama*, perchance the light may dawn, and I may sing as the Mazdaznan in their ritual:

*There is no end to Matter;
There is no end to Space;
There is but Good and Better;
There is no end to Grace.*

(London Post.)

"PRAGMATISM AND PLURALISM"

SUCH was the subject chosen by John Cowper Powys, M. A., University Extension lecturer of Oxford and Cambridge before a woman's Club, a synopsis whereof will give the idea that the title of the subject fittingly deserves to be called "The American Philosophy."

"There is in pragmatism something that naturally springs from the psychological climate of your country. Brought up upon Spinoza, Hegel, Kant and Schopenhauer, and coming to America, the European feels a sudden change of intellectual weather, which may be for the moment as disconcerting and embarrassing as for a fish to be transferred from the water to the air. In this country there is an atmosphere so refined, so exhilarating and so salubrious that the European, accustomed to swim in an element a little thicker, experiences various physiological shocks, a kind of temperamental catastrophe. It may save them, or it may ruin them; but something happens when a European with typical European tastes attempts to identify himself with the American spirit; and in the making of this spirit, I discern that New England plays the part of creator. Pragmatism is not only the American philosophy among all the philosophies of the world, but it is the New England philosophy; like a flower from the soil, indigenous to the place.

"Are you aware that public opinion really has no existence in England; that public opinion as public opinion scarcely appears at all in Italy, Spain, France

or Russia? Did you realize that it is in a peculiar sense a gift of America to the world. I have on several occasions found myself obliged to struggle against it, if I am to breathe at all; to fight against it, merely to be allowed the play of my natural and atavistic instincts. I have learned that public opinion exists—among other purposes more important—for one minor purpose of educating the immigrants to America in the peculiar moral atmosphere which is befitting and becoming to an American citizen.

“It is from this moral climate in America that pragmatism naturally springs. Do you realize that you Americans are the most moral people in the world? You find in your pragmatism, philosophy as philosophy subordinated to something quite different. Pragmatism is nothing more or less than the subordination of philosophy to ethics, to morality.

“According to European tradition truth is outside us, in the world; and the philosopher is a person who has a certain system made by himself, to offer to the world as a logical interpretation,—put with a Q. E. D., at the end. When we come to America we find not this, but morality, ethics, moral health and sanity, physical health and sanity, and life itself, with all its issues and adventures; this is the predominant thing; not the other. With all this we find ourselves in the presence of all kinds of influences, coming from the occult and returning to the occult. There are, I suppose, more forms of mysticism in America than anywhere else in the world. In the Oriental countries, the practices of the yogi are laid down as definitely, as scientifically, as the observances of the priests of the Catholic church; and for one of the Angelican, Greek or Roman community to find

himself in an atmosphere where every man is alone with the universe, is embarrassing.

"There is a characteristic in pragmatism which makes it peculiarly an American philosophy. Nowhere else is the position of woman quite what it is in this country. I wonder whether you realize that in American philosophy, in pragmatism, there is an element that could only have appeared there by reason of the appearance in American philosophical thought, of nothing more nor less than the influence of woman. All philosophies heretofore, it might almost be said, have been opposed to woman; but in American philosophy, in pragmatism, we have something intrinsically feminine.

"Pragmatism adopts toward truth, something of the attitude of Pilate. Truth,—what is it? Truth as truth is waved away, and something appears that is more important than truth. Truth is really and truly what we are; it is in us; we are truth. In this sense truth changes as we change. If we are truth, and truth is something not outside but in us, then it is a case of my truth, your truth and all people's truth. It is a case, indeed, of a plurality of truths, and not the one eternal truth that man must get reconciled to before he dies. If you consider the kind of fatality that hangs like a great shadow over European thought, you will see how your pure air, so exhilarating and in one sense so singularly clean, becomes for the European so difficult to breathe.

"Pragmatism actually begins in Schopenhauer and Nietzsche; for to them, *will* is an important thing. In pragmatism, also, the will plays an important part in the implication of truth itself; for truth changes as we will it.

“There is in pragmatism a certain organic and evolutionary attitude that makes the feelings, whether right or wrong, and the health, whether good or bad, of the individual, more important than any particular rational system with regard to the meaning of the ultimate mystery that we use to call the pursuit of truth; and that particular attitude of mind becomes subordinate to moral and physiological well being. If your truth works well with you, if it makes you sane in mind and body, if it leaves you happy, if you prosper under it, very well. Not all the reasoning in the world can change your right to have what you have, even though it may seem irrational. What has happened then is this: philosophy has turned a full somersault. Here is a philosophy that deliberately declares that an occasion may arise when it would be wiser to hold a certain attitude of mind, certain system, in spite of the fact that this system had been condemned by what we all regard as the reason. In fact, you have a right to be irrational if it pleases you!

“Pragmatism, strictly speaking, is not a system at all; it is a method, an intellectual tendency. I can conceive of any one among you being, as it were, a Spinozaist, but at the same time on pragmatic grounds. You have it pay to be a Spinozaist; or a Nietzscheist on pragmatic grounds. The point being that pragmatism is a test of systems, rather than in itself one of the systems.

“The American philosophy is American not only in the influence of woman upon it, but the influence of the great modern business life. In this country, where the Almighty dollar is supposed to be worshipped, there is really a magnificent disregard for money. It is only a sign of success in the great arena. You can quite see

where pragmatism would enter. I have heard it said that religion itself is a good business asset; a religion that gives you belief in the honesty of the man you deal with, counts for much. It is, above all, most important that we should avoid revolutionary upheavals; and to smooth things down, nothing is more advantageous than a religion that will keep people quiet, since after all the poor are poor, and there is another world, where suffering and disease may be healed. It is an anodyne perpetually administered to the curable. I do not intend any personal feeling in the matter. I am not an insolent Englishman, implying that in America religion is industry and industry is religion. I merely wish to indicate that in this country, mysticism and religion, all of these things, may have a certain definite value. That is why even a platform mountebank like the one now speaking may be very well tolerated, and even well paid. It is administering a sort of lethe, to keep people from doing anything. New England is the home of independent thinking. History and tradition prove it, and I take advantage of it.

“According to pragmatism, truth is not truth until it pays. Come, my friends, we must have the cash down on the table. Americans would say, if a philosophy is not practical, if it does not make us healthy, wealthy and wise, if it does not make us nicer, richer, more beautiful, more charming, more well behaved people, and more obedient to public opinion, we will have none of it. This is a philosophy that adapts itself to strength and buoyancy of spirit. Truth is truth if it works well!

“In Europe and Asia, where you have great philosophies, protestantism hardly appears at all. Neither for Schopenhauer nor Nietzsche does protestantism exist

at all. In pragmatism we come back to protestantism. It is the philosophy of the individual, the philosophy of private judgment.

“What really is the interesting thing to me, in the pragmatic philosophy, is pluralism. I am much more interested in pluralism, than in pragmatism, for it is nothing more or less than a return to paganism and polytheism. I have an idea that the possibilities of polytheism are not entirely exhausted. I believe in an eternal renaissance, and I have a shrewd suspicion that among you there may be some who have lived like exiles in the typical atmosphere of America, and that what you wanted has not come to you, from platform or pulpit. And now a Harvard professor introduces polytheism again! For what is it? Instead of being a universe, it is a multiverse. It is many worlds. It is interesting to note that when he talks of prayer, he talks as if you were praying to something plural rather than singular, as if you were praying to the gods.

“My last word is that of all the philosophical systems of the world, this one is the one for youth. When you are older and a little tired, you feel inclined to lie back upon faith and upon something outside of yourself; but when you are young you take your chances, and you like a world that is, as William James of Harvard puts it ‘a strung-along world.’ It is a little hard for a European, brought up on Plato and Aristotle, to feel at home in a ‘strung-along world.’”

God is Love, that Love surrounds me,
In that Love I safely dwell:
Love within, above, around me,
Love is mine, and all is well.
God is Love, pure Love; God is Love, sure Love;
That Love is MYNE—thine, and all is well.

HOUSEKEEPING THROUGH BALLOT

To reclaim the Earth, turn the deserts into a Paradise: a Paradise most suitable unto God and His Associates to dwell therein:

Fell on my ears as a divinely beautiful message. It was the first reasonably and explicit excuse for my being here, that I have ever heard. The beauty and depth of meaning it gives to life is not to be expressed in mere words, but in the trinity of our great precept, *Good Thought, Good Word, Good Deed*.

How then are we to bring it into expression? Zarathushtra's teaching was pre-eminently teaching to establish law, system and order, even to slightest detail. Then must our foundation work begin here.

With woman today rests this work as never before, of claiming her freedom, to produce the best possible type of man or woman. Only as we assist our brother man in the greater household, as well as the lesser, will we have our part in reclaiming the earth. Efficient management is the slogan of our times. The woman who fails in household management today is dubbed a failure, and whether in all sincerity in mastering the domestic sciences and arts, she ties herself to schools or colleges in domestic sciences.

Men may study the peculiarities of Mars or the Fourth Dimension or seek the Poles, fathom the resources of earth and sea; but woman, under whatever condition and environment, is always engrossed by human interests—the sick, the oppressed, the weak, the little children, must always claim her thought and study. Like

most men, women have resorted to temporary make-shifts in trying to help conditions, wasting time in roundabout, uneconomic methods of charity, partly realizing that with one hand tied behind the back, they could not do differently. Women have been and are still inclined to limit the boundary lines to their house-keeping, content to mind their own, not realizing that they must contribute to the larger family or lose a part in their own redemption.

Women as careful housekeepers, watchful of household expenditures, are needed today in the larger home, the municipal and national affairs. Much may be done by woman's ballot to accomplish this. Hardly a town or city, state or nation, but the women could assist in far more wisely.

Why should not woman's thought and activities follow her family out into the world and secure for them the best conditions there. Is she not attaining to the highest position of her world's office by so doing? Family and home are dependent on the political government of your town and city. Then it is as much women's place to stand for justice as man's since the race is dependent on her.

Public recreation, safety from fire, laws compelling landlords to provide for plenty sunshine, light and air in every room occupied by a family, cleanliness of buildings, sanitary plumbing,—housekeepers are we not willing to become, in the best sense? It is not so different from citizenship after all. When we have made this earth a fit habitation for the high type of man, we will have made it a fit dwelling place for God and His Associates.

Viola M. Woolson.

MAZDAZNAN IN THE FATHERLAND

Mazdaznan is gaining ground. The recent notoriety called out by envious gentlemen seeking notoriety, has brought Mazdaznan rather into prominence instead of discredit. There was a time when the authorities got busy annoying students of Mazdaznan, but such was due to misrepresentation. As soon as investigation proved that persecution was the result of malice, envy and jealousy, the authorities ceased to listen to the blabbings of the rabble and their ill-cultured leaders. The gain of new adherents to Mazdaznan averages two hundred every month. Centers are created in every leading city of culture. There is a movement on foot promising the erection of a Seminary, giving young people an opportunity to prepare themselves for public work. The demand for Mazdaznan teachers in schools and colleges is on the increase. Conservatories give Mazdaznan instructors the preference owing to the *infallible* results to be obtained from the infallible methods employed in Health and Breath and the Mazdaznan Science of Harmony. There is a project on foot to erect a Mazdaznan Temple, as well, that the Higher Arts and Sciences may be displayed before the cultured of a cultured country. Perhaps the idea of erecting a Seminary would be the more useful for the present and of greater value to the propaganda.

In Switzerland the message walks with giant steps, declaring Peace from chalet to chalet and everywhere a new life is taking hold of the liberty-loving Swiss, be they French, German or Italian in speech. Representative Vilmos Warshatka, assisted by many quickened souls, carries on the work most admirably. The First

Swiss Gahanbar still makes its thoughtwaves felt in all the Cantons and Mazdaznan is destined to become the household word that is to work charms in the hearts of the honest thinking Swiss.

Plenipotentiary Richard Waizenkorn reports great possibilities for Austria and claims for the Kaiserstadt, for there is only "a Wien", greater prospects for the "Only Infallible Mazdaznan" than any of the German speaking countries. True, he says, we are a multilingual nation, so much so that at times it is almost impossible to calculate as to the probable results; still it is all the greater a marvel that we are in the position to keep our Peace. It is for this reason that Mazdaznan shall prove the link unto Harmony and Progress. One of the features giving prestige to the Mazdaznan movement in Austria is the fact that every member is a living example of the science as inculcated in Mazdaznan. A young lady, Miss Viola Theru, considered and recognized as a virtuoso, has startled all the elite of Viennese society with an absolute fast of thirty-three days and thirty-two nights, abstaining from food, taking hot baths only and a few simple herb teas to promote circulation.

"Mazdaznan shall the password be."

"AVESTA IN SONG"; A new edition of "Avesta in Song" in extra-fine, flexible, leather binding, has been published by the Mazdaznan Press, at 3016-3018 Lake Park Ave., Chicago, Ill. and are now on sale at \$1.30 to any part prepaid. All the Mazdaznan Centres desirous to secure this new, complete edition of "Avesta in Song" should avail themselves of this opportunity.

INDIA ON AINYAHITA

Most Esteemed Doctor:- My warmest thanks for the copy of "Ainyahita Pearls." It is most interesting, instructive and impressive. The Spirit pervading thru it cannot but make the student a better man, taking him to the path of holiness and divinity. "To reclaim the earth; to turn the deserts into a paradise; a paradise most suitable unto God and His Associates to dwell therein", is the essence of it. Needless to say that the book is a jewel and throws a great deal of light on the Avestan teaching. With profound gratitude,
Jamshed M. Billimoria.

MAZDAZNAN IN ENGLAND

The fervor, zeal of Dr. Gilman Beeler and his lively followers is making headway, in fact the same spirit that prompted Father David Ammann to arouse the German speaking intellect, is manifesting in England. Right at the opening of the courses, several hundred seekers after knowledge and wisdom have declared their intention to study Mazdaznan in all its scientific measures. The thinking, reasoning minds, of better stock and blood, have realized the necessity of observing the God-given laws as found in Nature. It will forever remain true, that only those who still enjoy freedom of thought, can be prompted to investigate and study into the Problems of life, seeking its solutions.

DEAR MASTER. The new edition of "Ainyahita in Pearls" is perfectly beautiful and I have decided to have ten more copies which I shall use as Christmas gifts to my friends. They will make exquisite gifts, for such elegance and beauty no one will be able to copy or imitate. Mazdaznan—the ever blessed Master-Thought—we continue to be thankful for all the wonderful blessings enjoyed through Thy favor. Please find check enclosed. Gratefully, Theresa.

MAZDAN (Master Thought) AND THE MESSENGER

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CHRYSTOS

Ainyahita stood before her tent with arms outstretched toward the heavens, repeating in voice of holy ecstasy:

*“Unto us a child is born,
Unto us a Savior is given:
O, how wonderful!
And He—even He—
A Counselor unto freedom.”*

Praise be unto Thee, O God of Gods; Praise be unto Thy holy and most holy Name; Unto Thee who always was, always is and always will be: Eternal Truth, Wings of Almighty Being, Thou alone art the Order of things—*Khrystos*—Greatest among the Rulers, celestial and terrestrial! With all the powers of my being, I give thanks unto Thy most glorious Majesty. Unto Thee and Thy most glorious Rays around Thy Throne, I offer up my praise, thanksgiving, laud and propitiation. According to the submission of my will unto Thine, Thou art able to deliver me and I gain power to accomplish my trust: *“I am here upon this*

earth to reclaim the earth, to turn the deserts into a paradise, a paradise most suitable unto God and His Associates to dwell therein." May I continue to grow, develop and unfold all the intelligences crystallized in me.

Be Thou rejoiced, O Mazda, be Thou victorious! Be Thou praised and upheld by all Thy Associates! May their devotion increase; may their obedience unto Thee grow and raise a fast brazen wall upon this earth—a wall as broad as is the earth, as high as is the highest summit of Hima, as strong as is resistless the canopy of heaven, that the splendor of Thy Thought, even here upon this earth, may breathe out upon us the Breath of Love, imparting sweet perfumes unto Liberty—a Savior Immaculate, void of the witchcraft of authority. Grant Peace, grant Power, grant Radiance, that with light and easy footsteps Thy Associates may pass over the Khin-vat and become victorious. Unto this end may I, even I, continue to labor beyond measure, that all things may continue to prosper in Peace. This is my wish. Be it so!

CHRISTMAS NIGHT

Gloria in Excelsis!

Peace on earth, good-will to man;
Yea, in Excelsis Deo!
Welcome the new-born King.

At last our hopes are granted,
God comes to dwell on the earth;
Ten thousand angels chanted
The hour of midnight-birth.

More grand that night was Bethlehem
Than the Heavenly Paradise,
For Light of earth eclipsed
Vast splendor of the skies.

Ah! sacred myst'ry of heaven
Now unfolding here on earth
The joys and bliss eternal
Thru Savior's magic birth.

Rejoice ye Saints victorious!
For God and His heavenly might
Has vanquished all so glorious
This Blessed Christmas Night.

THE SEVENTEENTH SEMI-ANNUAL GAHANBAR

Convenes in Chicago from December 24th 1913 to January 1st, 1914, inclusive.

All Societies, Groups and Family Circles, kindly send in their reports and make known their pleasures and wishes in writing. Applications for Charters should reach not later than December 27th, 1913.

The Subject Matter under advisement will be "Internal Government." Suggestions solicited. Amendments and By-Laws will be made final. Semi-Annual Gahanbars will hereafter be current at the six principal districts, into which the states will be divided, making it possible for each district to enjoy the presence of the leading men and women for a period of time.

With Blessings,

Joel Plummer Thurston,
Grand Secretary.

Advent 1913.

SERMONETTES

MAZDAZNAN—A System wherein we may find the fulfillment of our highest, noblest ideals.

MAZDAZNAN comes to make the rough places smooth; the crooked paths straight; and to place the stamp of authority upon a system that makes *easy* what was once confusing, because of complications to which there seemed no way out.

MAZDAZNAN reveals through utmost simplicity the way that leads to the goal of life's highest attainment through the application of *Good Thought, Good Word, Good Deed*; making possible the realization of man's nobler aims and ambitions, thus assuring Happiness and Success in all the walks of life.

MAZDAZNAN reveals through its wonderful system of rhythmic breathing the most glorious possibilities and opportunities, leading to the fount of endless blessings and opening avenues that enable the gaining of earthly treasures; thus disclosing the hiding place of the *key* that unlocks the secret treasure-house of Nature's unending resources.

MAZDAZNAN holds that as we are focusing here upon terra firma, we are to use our rational attributes, and by quickening the mental forces, learn to cope with conditions and environment, that we may be masters of existing circumstances, commanding every situation in life, that Nature may disclose avenues of unending joy and felicity, making life worth the living.

MAZDAZNAN holds that through scientific training, man may call out his latent forces of the mind, soul and spirit to the extent that he may blend in perfect harmony with the Higher Intelligence—*God*. Behold in thy body, O man, the crystallization of Infinite Intelligence. Continue then to breathe into *consciousness* this Infinite Intelligence, bearing you upon eagle wings to the mount of realization.

CONTINUE to breathe into your lungs Ga-Llama, the ever-acting, never-ending, all-permeating Life Principle of Eternal Bliss. Breathe out all suggestive tendencies and the conditions that breed environments of darkness. Breathe in the Breath of Light and reflect it against the accumulated negativeness that freedom, peace and harmony may reign supreme within the domains of your life.

HINTS OF THE SEASON

EAT PLENTY of new apples—grated apples aid in eliminating acids.

WHOLE WHEAT MUSH with cream is the best and most wholesome cereal dish.

THE SEASON for soups of all kinds. Barley, wheat and sago make excellent soup, seasoned with onion, tomato, celery, etc.

FOR RAW SALADS beets, turnips, carrots, and parsnips can be used, grating them of course. Parsley and onions are always an addition, not forgetting to use the various savories, such as anise, celery, carraway, dill.

CLABBER and corn bread will act as a promoter.

FOR COLDS developing into coughs, eat nothing for a day and when hungry, brown three pieces of loaf sugar and nibble them while hot; before retiring take piece of a large onion. Next day eat grated apple and cream and soft boiled egg.

GREAT SYMPATHY exists between nerves of feet and those of stomach, hence cold and damp feet are only too often the disturbers, as well as cause of much so-called stomach troubles.

KEEP FEET warm, dry, well oiled, massaging well between toes. Discard over-shoes and rubbers, as both draw dampness, thus causing perspiration.

THE BACTERIA treatment given in "Encyclopedia of Dietetics" on page one hundred and ninety-nine is in order now. A little attention in this direction may save much annoyance later on. On same page above is given "chilling treatment" for those deficient in health, and is just as important to those for whom such a treatment is required.

IN CASE of severe cold, take hot bath, drink freely of hot lemonade in which is put seven to ten drops jaborandi to each cupful. Retire into a fresh, clean bed with plenty of covers.

APPLE CUSTARD—make a good apple sauce of tart, well flavored apples, coring and slicing the apples, but not peeling them. When the sauce is smooth, put it through the colander, sweeten to taste and add a little cinnamon, unless you object to the flavor.

SACREDNESS OF THE SEASON

The season is drawing to a close and everywhere the spirit of animation is quite evident in all the walks of life. Aside from the usual routine of a more material nature, attempting to demonstrate appreciation for one another in the bonds of love and fondness, there is a spirit of reconciliation that broods amidst it all and a desire presents itself in the attempt to fathom the meaning of it all and the mystery that veils the spirit of the times. Some there are who consciously realize and know the impact of its meaning, others feel it but can not account for its presence. Be it as it may, one thing is certain, that we all feel the quickening spirit of Christmas season, and with great expectation we are looking forward to the days, day and hour when again it shall sound in our ears, as of old, and we in turn shall join the angelic chorus, repeating with the voices of the shepherds:

*"Unto us a Child is born,
Unto us a Savior is given;
Oh, how wonderful! And He, even He,
A Counselor unto Freedom."*

Over-joyed at such a message, pealing forth from the depths of hearts until the very ether vibrates and the electrons re-vibrate tumultuously about us, we shall be able to declare unto all the world:

*"Glory to GOD in the Highest,
On Earth, PEACE, GOOD-WILL to man!"*

MAZDAZNAN UNIVERSAL

Mazdaznan being a universal message, it is understood, therefore, to apply especially to those minds that have long since been stripped of all pre-conceived ideas and outgrown the limitations of creeds, dogmas and all that savors of bigotry. As like naturally attracts like, so only those whose natural bent corresponds to that embraced in Mazdaznan, would be attracted to its teachings. A gardner does not plant seed in rough, unplowed soil; indeed not! First the soil is fertilized, then plowed, harrowed and made ready for the reception of the seed. The seed is then planted, where it is left in its dark chamber of silence for the congenial elements in nature, sun and rain to perform their magical work. Just so must the mind and heart of man be awakened and ready for the reception of Truth in its essential purity. A mind freed from the last vestige of superstition and psychological taint of prenatal and ancestral suggestion, is ready to study and investigate science and philosophy of the most recondite and profound nature. They have passed through the stage of theorizing, into that of investigation. If there is Truth, they must have it; if there is a God who rules over all, then they desire to *know* Him as the Reality, Essence, Substance and Origin of their being. Such is not only their privilege but birthright. It has even been

promised that "upon paths of pleasure, they shall roam throughout all life's cycles."

Mazdaznan is for the more intelligent minds and points out the way unto the solution of life's problems, without money and without price. The consciousness of life and its perfect realization lies within the reach of all, who have the ability to comprehend. This is the "Golden Age" of which poets sang—the hour when God's Paradise is to be restored and the Kingdom of Love, Peace and Righteousness is to reign supreme on earth.

A broad, unbiased and all-comprehensive mind will at once grasp the Mazdaznan System of Attainment as taught through the development of man's twelve senses, upon which all knowledge of the external depends. The development of the twelve senses imparts that keenness of intellect which elucidates the most enigmatical problems that perplex the thinking mind. But the greatest achievement which such development accomplishes is the complete emancipation from the thralldom of earth-bound tendencies, embracing those ancestral and prenatal.

Mazdaznan, founded as it is upon the basic principle of being, must naturally be all-embracing, as well as all-inclusive, attracting those minds that belong to the category of the rational, scientific and philosophic, enabling them, through higher research, to "rend the veil" that has so long blinded true spiritual perception and all that appertains to the

higher understanding. "The letter killeth but the *Spirit* giveth life; and this is *life eternal* to know *GOD*."

It is an easy matter for intelligent minds to *think, speak and write* scientifically but to *live and apply* science as the active principle of every-day life, seems to be quite an obvious task. Any sane mind recognizes the fact that Nature, in order to give us her *best* results, must operate in accordance with the law of natural growth. Wherever she has to yield to forced methods or be made to produce out of season, her productions lack in their compounds that finer essence and flavor that makes them fragrant, delicious to the taste.

Mazdaznan presents through its preliminary course of training, a method of growth and development that will yield the most signal results, if applied scientifically. If all who embrace these teachings would do so conscientiously, applying that sovereign virtue, *patience*, what marvelous results would crown their efforts. But there seems to be an element of weakness in human nature, that savors of such limitation, as to have robbed thousands, otherwise good and worthy persons, of a most glorious heritage—a heritage that is the natural birthright of every child of nature i.e., health, happiness and success.

Man is endowed with reason, discrimination, discernment, all of which he is supposed to apply with scientific judgment in this work of Mazdaznan which stands for the highest

perfection possible upon this earth plane, opening avenues that lead us out upon the highway of never-ending progression.

Mazdaznan, despite all mutilation, will continue to be exalted before all the world, for such is its destiny; and no defacement of the weak or irrational minds can stay its onward march. Mazdaznan has done more to accomplish the universal uplift of the world, than even the thinking minds have recognized. Not that the world has accepted Mazdaznan; no, quite the contrary. The world continues to express its stubborn and rebellious attitude just as though it were compelled to uphold its diabolical tactics of the past. Notwithstanding all the malicious persecutions heaped upon it by the forces of darkness, Mazdaznan continues to grow and uses all such as stepping stones upon which to further its most glorious ends. Many staunch Mazdaznan find their way into the fold through the "picket line of the enemy"—they came to mock but remained to worship. Thus all that appears adverse turns to good, if we continue to do our part through faith and works.

Mazdaznan reveals, through its System of Exercises and Rhythmic Breathing, the knowledge of the *Self*. For man to know himself as a finite being with infinite possibilities, gives him a new impetus, and he stands *erect*. A new era approaches the horizon of his life, the old passes away; a new world opens before him, bringing renewed hope, faith and peace.

NINETEEN THIRTEEN

Closes another chapter in the World's Drama and records happenings that continue to bear out the words of the Blessed Ainyahita that "events continue to repeat themselves according to their season" or as the historian would say: "history repeats itself." In every field of action, from that of the religious pursuits to the battlefield of diplomacy, the industrial and financial world, upon fields of science and invention, research work conducive to archeological pursuits; in short, whichever way we may cast our eyes, we shall be pleased to note the strides made, and as far as experiences are concerned, we can be satisfied that the Plan of Salvation has left but little for nature to adjust. All the world has been busy to entertain or to encourage entertainment by remaining most humble spectators, giving the actors a great deal of levy to display art and science, comique or serious.

In addition to it all we are not to forget the scientific way of shifting the scenes, which broke in on any apparent monotony, presenting early floods, followed by earthquakes, here and there with forest fires to illumine the stage or to raise the vibrations of nearby spectators, some of them frightened by the elements, taking to their heels that they might save their souls. Early frosts played havoc in localities never heretofore visited in such

inhuman or unnatural way — a way called “unusual” by some. Big snow-storms, early in the season, added to the drama greatly, and although a little unpleasant to many a spectator, they did not miss the effect desired. Disaster upon disaster followed in so rapid a succession that the possibility of “the end of the world” no longer seemed an improbability but rather enhanced the theory and made many a convert. At any rate Nineteen Thirteen did himself proud; with great anticipation we may look forward to the year of preparation—Nineteen Fourteen—the eventful year and a year of much animation upon all fields of labor, constructive and destructive. It is only to be hoped that each of us learns at least one good lesson from it all and that is: “Self-preservation is the first law in nature.”

May our God-given intelligence lead us into channels conducive to our welfare and ever help us in the paths of self-reliance is our prayer for the coming year.

“God, give me strength
Or teach me to command
The latent forces of my inner soul;
Give me the guidance of Thy potent hand,
Or teach my own its conquests to control.

God, give me truth,
Or teach me that my mind
Has but to seek Thy wisdom; teach me this,
That in the knowledge of Thy love, I find
All strength, all knowledge, health and bliss.”

COMMUNION OF SAINTS

Because a good man and Bishop has recently spoken on the beauty and inspiration of Communion with the Spirits and Works of Saints of the past, much surprise and considerable interest has been evinced. Why surprise passeth understanding, particularly to those who have always felt this "link of souls."

When Immortality is rightly understood, how natural and divine is such Communion. That the prayers and thoughts of men should recall in sympathetic vision those who have walked the paths of life, attaining unto the Peace and Holiness of Self with God, through the sacrifices, trials and tribulations, that pioneering and living the Truth incurs, or seems to incur, is surely worthy of true Religion; and such a conception, being of the Kingdom of Heaven, should be relegated beyond the bounds of doctrinal controversy. For how can anything of a lofty nature, deflect from God, the Whole, much less communion with those who endeavored to prove worthy in serving Him.

If we believe in Immortality, we must disbelieve in death. In fact, to the evolved mind, there is no death; for to such, all is Life. Thus it is certain that the "Elect" are alive today. And where, if not here? For the Work, they came to perform, remains still incomplete. That they should now re-incarnate,

according to Law and Desire, is but natural and rational, for the "Covenant of Mazda" must be fulfilled. Thus, these great Reformers, will reveal themselves; and out of the humblest, lowliest walks of life, as well as the highest of places, they may soon be expected to appear, completing the work once begun.

"Blest be the Tie that binds!"

—*Guromano.*

MAZDAZNAN

SHALL THE PASSWORD BE!

The Infallibility and Superiority of Mazdaznan
Culture is sustained by the fact that

The Public through its Teachers,
The Press through its Writers,
The Pulpit through its Ministers,

*HAS AND DOES CONTINUE TO
COPY AND IMITATE MAZDAZNAN*

An Imitation always bears out
the Efficacy and Genuineness
of the Original.

OUR WINTER SEASON

A season of labor by day and socials for recreation, education, and inspiration at the hours of evening. It is the season not only to consider the mental but judiciously impart to the physical side of man the care and attention that will fit it all the more for the great task of coping with the conditions and environments of the day, at the same time adding power of mind unto the vibration of latent forces that life may grow unto greater completion and the daily walks grow into an orderly ritual conducive to a religious development. Where the body receives attention in harmony with the mind it cannot fail us to serve in all obedience, assuring us the power that lightens the burdens unto a state of felicity, ever and anon praising every opportunity destined to impose a new duty upon us. The care of the body does not consist of mere physical exercises but principally of a diet appropriate to winter season.

A person largely engaged in manual labor not only needs cereals and grains in various ways of preparation and such dry fruits as appeal to the temperament but also tropical fruits should be indulged in, that thus the higher self may rise above the call of daily duty, while those more mentally employed should in addition to their light food add cereals of a more assimilating nature, so as to counteract the strong eliminating tendencies of light foods, mostly fruits.

"THE MODERN WAY"

The Representative of the Woman's Prison Association, Alice L. Woodbridge of New York, in a pamphlet entitled, "The Modern Way," recommending a State Farm for women prisoners, among many other good things, writes as follows:

A woman, perhaps of coarser moulding, but not infrequently of just as fine an order of being as you and I, through some hitch in the mechanism of life, has been thrown out of the groove in which she was set and through lack of physical and mental stamina had not sufficient will power to readjust herself. It needs the stronger, more powerful hand, the strength of concerted action on the part of those who understand her worth and necessity in the great universal scheme, her social and economic value, to re-adjust, redeem and conserve her. Let us not forget that every law-abiding, self-respecting, self-supporting citizen is both a producer and consumer, and as such is of inestimable value to the State, while every dependent, every offender against law and order is a drag upon the wheels of progress, a parasite sapping the life of the race. Therefore it pays to rehabilitate, *re-construct* if needs be.

We have State and National commissions for the conservation of natural products—water, forestry, etc., but a *Commission for the Conservation of Womanhood* has yet to be formed. The old Zend motto that "No Nation can rise above the level of its Woman-hood" holds good to-day, and the status of the average woman depends as much upon how low the weakest has fallen

as upon how high the strongest and purest has risen. Let us not forget this, we who abandon and condemn the unfortunate ones—let us not forget, that the vast majority of our women misdemeanants are creatures of environment or victims of misconceived sex-responsibilities which are not in accordance with natural law, nor in accordance with scientific principles.

Transgressions against nature, whatever they be, whether alcoholism, immorality or other crime, are, if there is any difference to be recognized, more reprehensible in man than woman, *because of the effects upon posterity*; yet Society ignores the moral transgressions of man absolutely, and even holds out a helping hand to him whatever his transgression. *No crime which a man may commit excludes him from re-adjustment, re-habilitation.* Alcoholism and immorality unless excessive are ignored and condoned, *but the conviction by the Courts of a girl charged with loitering or a woman charged with intoxication places a ban upon her, ostracises her from Society, is remembered against her life no matter how correct her life after may be.*

What wonder then that when a woman once "goes wrong" she makes no attempt to right herself. This is what civilization has provided for her—the Workhouse with its routines of toil and idleness, its gloomy walls, crowded cells, coarse food. We shrug our shoulders and say it is good enough for them. Perhaps it is better than they might have had outside when they were first offenders. A helping hand then, a hand that would lift one off her feet, set her back in her place, forget her offence, hold her firmly and kindly from temptation, that was what each needed once, but instead they were "sent up," sent down, set down in a school of vice for

which you and I are responsible and for which you and I as tax-payers pay the penalty; for in condemning them we have encouraged them in their offenses and in condemning them we have been forced to assume the burden of their support. This is what we have done and this is the penalty we pay. You may say that we are not responsible, that it is a system that has existed for ages, but you and I, the products of a higher civilization than that which instituted it, are awake to its uselessness, alive now to its injustice.

It is for woman to demand the restitution of her sex. If the past errors of man are to be forgotten, then they should likewise be forgotten in woman. Why should not like opportunities to rehabilitate herself be accorded to her. If she has transgressed beyond the power of self-control then place her under supervision until she recovers herself and having accomplished this, restore her to Society. But provide for man this same treatment.

Because of useless waste of life and energy, because of the unnecessary burden imposed through it upon the tax-payers, the Women's Prison Association of New York City conceived the idea of transplanting this ceaseless tide of women offenders that flows and ebbs in and out of our Work-house, Jails and Penitentiaries, homeless, friendless women, women overcome by the appetite for drink, women of the street pushed aside by the younger competitors, women who have become irresponsible and to whom all doors are shut, and yet for whom there is hope if right methods are adopted with them; of transplanting them into a wholesome moral atmosphere, far-removed from temptation and attractive by healthy employment and friendly super-

vision of their moral and physical well-being. Teaching them through such processes to realize that they are responsible, that life holds something better even for them and that the struggle to attain self-possession and self-control under new methods, will in the end reward them with victory.

The success of the methods employed with inmates of Bedford Reformatory, an institution established through the efforts of the Woman's Prison Association for misdemeanants between the ages of sixteen and thirty years, encouraged efforts in behalf of the older offenders. As is proven with the younger offenders at Bedford, so it will prove with the adult, that the transgressions of the individual are due largely to abnormal physical and mental conditions, and that under scientific treatment, careful supervision and an opportunity to rehabilitate themselves, they may become if not normal at least capable of self-control and self-support under supervision.

All women offenders who have reached the age of thirty years realize that a disordered life holds nothing for them and the majority accept gratefully the hand held out to help them. It is because this help is withdrawn too quickly or is improperly administered that so many return to their old habits.

In determining the best method of producing good results in the individual, and at the same time providing for her a field of labor conducive to her practical and permanent regeneration, outdoor occupation seems most promising. Close contact with nature; responding to the call of Mother Earth to overturn her soil, liberate her life-producing energies, exterminate her parasites, and cover her surface with life-sustaining

products, not only calls forth latent energies from the individual but invites her interest, strengthens and elevates her, while at the same time she absorbs into her system those earth essences so effective in their influences upon the nervous system.

For this purpose the Woman's Prison Association obtained the enactment of a law providing for a State Farm for Women Misdemeanants over thirty years of age who have been convicted in our lower Courts five times within two years. In 1908 a commission was appointed to select a site, the measure having been endorsed by all leading organizations and many prominent citizens, as well as by Judges, Magistrates and District Attorneys. This Commission spent eighteen months before purchasing, and finally selected a tract of land at Valatie, Columbia County.

This farm, situated on a high plateau, contains two hundred and ninety-seven acres, from which mountain ranges can be seen in every direction. To the north the foothills of the Adirondacks, to the east the Berkshires, to the south Matteawan Mountains and to the west the Catskills and Helderbergs. A hill one hundred feet high on its eastern boundary rolls down to Kinderbrook Creek, and is the site for buildings, thus securing natural drainage and sewerage. To the southwest of this building site are forty acres of woodland sloping down into a fertile pasture.

"AINYAHITA IN PEARLS"; Second Edition; Deckle edge; leatherbound; a piece of art; limited edition; every copy numbered; to subscribers of THE MAZDAZNAN AND MESSENGER only; Price FIVE DOLLARS. Send orders to

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THE FIFTH EXERCISE

Eager to discover the deeper meaning of our exercises I came to results regarding especially the Fifth Exercise, which has been of great benefit to me in my daily life, so that I have submitted my conclusions to the Munich Lodge and intend to write an article on it in the German Mazdaznan Magazine.

This exercise is introduced with the words: "Thus it shall be", accompanied by a gesture, assumed by the absolute monarch, when he gives his orders, and as we are directed to stand before a mirror and look our image firmly in the eye, I soon came to the conclusion, that it meant dominion over our own powers. The first half of the exercise: dominion over ourselves; the second half: dominion over our surroundings. And as inhaling we receive, exhaling we give out, I speak to myself during the exercise in thought the following:

(1) Inhaling: I receive greater mastery over my *body*; exhaling: my body shall be my servant, not my master; I will use it for my higher development.

(2) Inhaling: I receive greater mastery over my *senses*; exhaling: they shall be my servants, not my master; I will use them only for my higher development.

(3) Inhaling I receive greater mastery over my *soul-qualities*; exhaling: they shall be my servant, not my master; I will cultivate only those, which serve for my higher development.

(4) Inhaling: I receive greater mastery over the kingdom of my *thoughts*; exhaling: they shall be my servants, not my master; I will examine them carefully and admit only those which serve for higher purposes.

(5) Inhaling: I receive greater mastery over the

material plane; exhaling: it shall remain my servant and not become my master.

(6) Inhaling: I receive greater influence on the *thoughts of others*; exhaling: the thoughts of others shall not be my master; I will accept only such which serve for my higher development.

(7) Inhaling: I receive greater influence upon the *souls of others*; exhaling: I will use this influence to lead their souls with my own nearer to Thee, my Lord, my Master and Father.

The influence which the constant confirmation of such a declaration has upon the daily life is great. It strengthens the will to do and to resist.

—*Heinrich Klingensfeld.*

BRITISH MAZDAZNAN EMBASSY

Our Beloved Master:- Peace and Joy continue to shower upon Thee! We were very happy to receive your good letter, and some way we can always think of you better, as if you were here, when we hear from you by letter, although in a certain sense we can never think of you as apart from us, and thus we are continuously encouraged to go on and on.

To meet a great demand we shall publish at prices current in the United Kingdom only:

“How To Fast,” by Dr. Med. O. Z. Hanish, reprint from “Dietetics and Cook Book,” at 1 Sh.

“The Meat Question”, by Dr. Med. O. Z. Hanish, reprint from Mazdaznan Cook Book”, at 6 D.

“Mazdaznan”, The Religion That Stands Behind All Other Religions, by Gilman Beeler, at 6 D.

The last proves conclusively that Mazdaznan is the religion that stands behind all other religions. It is my opening lecture of our present course.

Our Tuesday evening meetings surprise us agreeably in the large numbers attending. One hundred forty is the usual number present, and it is a real pleasure to speak to so many.

On November 7th, I have been invited to give a lecture on "Ainyahita", the Mother of Wisdom, at the Theosophical headquarters in their large hall, and under the auspices of the local society of which Mable Collins is the president. It is rather agreeable to note how different people and organizations are coming into Mazdaznan Thought. We do not antagonize any of them but simply declare the Mazdaznan Message.

The Daily Citizen (London) says in its issue of 26th September 1913, regarding "Declaration, Confession and Affirmation of Mazdaznan":

"It is a truly mystical conception of Godhead, recalling the Great Truths of the Zoroastrian Teachings, which have charmed so many minds, from Numa Pompilius down to Nietzsche."

We feel that the beginning of a general recognition of Mazdaznan as the greatest message is here, and we experience a lively gratification in the general respect which is shown to the Mazdaznan Teachings.

May Mazda be rejoiced and His Associates ever remain victorious. With love from Gertrude and

—Gilman.

"AVESTA IN SONG"; A new edition of "Avesta in Song" in extra-fine, flexible, leather binding, has been published by the Mazdaznan Press, at 3016-3018 Lake Park Ave., Chicago, Ill. and is now on sale at \$1.30.

FACTS ARE STUBBORN THINGS

Mrs. A. J. Carey, introducing Mrs. Pankhurst said, among other things: "Militancy is the shrill whistle which indicates how much steam is on; with *men* this is their *right*, but in *women* it is called hysteria. Militancy is the natural product of the ages; it is Rachel weeping for her children (the crisis of the race), of sex."

Those expecting a demonstration of English methods of militancy, or even a hair raising account of it at the lecture by the noted suffrage leader of the world, were given a surprise; nothing of the kind was hinted by that cultured, gentle, queenly lady. Her lecture delivered in an impersonal though fervid eloquence, was a simple statement of existing conditions in England making militant methods necessary. The laws, totally ignoring justice for woman, giving men freedom and license for the abuse and neglect of their women folk through centuries of time, were dwelt upon, giving an interesting and illuminating psychological study.

The obstinacy and tenacity with which that country has expressed its will, domineering not only its women, but every nation within reach, is a matter of proof in history.

Mrs. Pankhurst stated "White Slavery" to be at the bottom of the civil war raging in England. The unspeakable injustice and indignity men have offered women for centuries has culminated in a revolution, just as every stage of human progress has been brought about in the past.

Said Mrs. Pankhurst: "Through the vote we will be able to put an end to the degradation of the race, and uplift, not only women, but men as well.

"The degradation of fallen man is worse than that of fallen women. The dominator is always more degraded than the slave.

"We are always told that the accident of birth should not give one man advantage over any other man, but when it comes to the sexes, the most ignorant and degraded man in the country thinks himself superior to the most intelligent, cultured and high minded woman. This is true, not only in votes, but in every walk of life.

"It is not the value of work but of sex that decides the thing. The woman is paid a quarter of what man is paid for the same work. In teaching, in business, in everything it is the same.

"Women can make a better claim to citizenship than men if the needed qualifications are demanded.

"I do not wish to disparage men, but they have failed in some points lamentably. I wonder at the audacity of men to make the statement that women must educate themselves for the responsibility of enfranchisement!

"Who have been the law-breakers? Men! The exceptional cases are those women who are forced to crime from poverty and abuse. When she has taken to drink it has usually been for the reason that her physical strength has been so inadequate to the work of her home, caring for a large family; and she has been compelled to use the means as a prop to enable her to go on through work, also to silence her heartache.

"Practically all crimes of violence are committed by men."

Mrs. Pankhurst cited her association with all classes of criminals as an experience which entitled her to give

her personal knowledge on this point; she said:
"If men had been worthy of their trust, there would scarcely be a woman in prison.

"What are the qualifications for good citizenship? If *sobriety*—then statistics show in England that for *ten men* convicted for drunkenness there is *one woman*. If *morality* is a qualification, then it is easily proven that *women are the moral heart of humanity*.

"Oppression through generations have given women a sense of responsibility. She has even had it clubbed into her. This discipline men have escaped, and the laws of England relieve men of responsibility.

"We need schools for fathers more than schools for mothers.

"For five years I helped administer to the Poor Fund. *We never had to advertise for a mother*, but never a week passed that we did not have several cases of desertion by fathers. We are going to have new laws regarding illegitimacy. In England every child is going to have a father as well as a mother."

In closing Mrs. Pankhurst spoke of the total failure of petition and diplomacy gaining any ear in England.

—Viola Woolson.

AINYAHITA IN PEARLS HAS ANSWERED

In words and writing I cannot express my appreciation of "Ainyahita in Pearls." The studies of these precious Pearls of inestimable value already throw so much light upon the many perplexing problems that have baffled my mind that I fairly live in a haven of revelations. What years of study, experiment and experience were unable to reveal "Ainyahita in Pearls" has answered.

With Blessings of Peace,
Prosperity unto Perfection,

—R. E. Nickey.

A LITTLE KNOWLEDGE DANGEROUS

Science has agreed and continues to agree the more it enters the fields of research appertaining to the health of the body, that disease and premature age as well as short life is due to three causes:

(1) *Alcoholism*, which destroys healthy tissues and consequently is deleterious;

(2) *Gluttony*; excessive use of food; over-indulgence or intemperance in eating, which is equal to intemperance in drink;

(3) *Immoral disease*; known as the toxic microbe, that poisonous monster that moral and educated persons are prohibited to mention or talk upon and protected by ignorance has played havoc for generations.

Now that these three evils are recognized and established beyond all doubt by the best and recognized scientific measures, one would think that measures be taken to remove these evils through mutual understanding and common consent. But no! It is only talk. The evils continue and the scientific man is expected to discover some specific that will remove the effects of the evils, while the evils may remain to play their orgies.

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Mazdaznan

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QUICKENING OF THE YOUTH OF INDIA

Honorable Antar Derjaga, who came to Bombay from China, has made a lasting impression upon the intelligent Parsee youths, on his continental tour, and has aroused quite considerable interest in Mazdaznan, the Religion of Zarathushtra. One esteemed friend, A. D. Edal Behram of Bombay writes:

“Honorable Antar Derjaga has done his best to spread Mazdaznan Teachings in Bombay. There were daily gatherings of young Parsees, who sought instructions from the kind instructor on the Art of Breathing and Purity of Life, the Art of Correct Living and the Science of Faith. Two overwhelming meetings were held under the auspices of The Parsee Vegetarian and Temperance Society. After each delivery questions were promptly and satisfactorily answered, arousing the interest to an exceptional degree. A third open lecture was delivered before the resident students of the Elphinstone College, attended with success. Several of the daily papers showed an especial interest in the mission of Honorable A. Derjaga, describing at length the Mazdaznan Movement and its effective leaders; disclosing some of the teachings and methods of practice, including the Prayers as taught in “Science and Faith” of the Mazdaznan Philosophy. The good of these lectures and interviews is being felt throughout the youth of Bombay—the quickening is at hand. The tract “Why to avoid meat”, a reprint from “Frascho-Gard”, written by Dr. Med. R. Haferland, member of the Mazdaznan Temple Association, Chicago, Illinois, who came from Germany to Bombay on his Mazdaznan mission, is being widely circulated.”

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MINISTRY OF DEFENSE

UNITED STATES OF AMERICA

FOR THE UNITED STATES OF AMERICA, the undersigned, Ambassador of the United States of America to the United Kingdom of Great Britain and Northern Ireland, do hereby certify that the following is a true and correct copy of the original document as presented to the Ministry of Defense of the United States of America.

IN WITNESS WHEREOF, the undersigned has hereunto set his hand and the seal of the Ministry of Defense of the United States of America at Washington, D.C., this 1st day of January, 1954.

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